



BC Forest Safety

Safety is **good** business

HEALTH AWARENESS: DIABETES & YOUR HEALTH

- **ONE IN THREE CANADIANS HAS DIABETES OR PRE-DIABETES. FORESTRY WORKERS HAVE SOME OF THE HIGHEST RATES.**
- **OBESITY QUADRUPLES THE RISK OF GETTING TYPE II DIABETES.**
- **SEDENTARY LIFESTYLE, SMOKING, ALCOHOL CONSUMPTION, AGE, CARDIOVASCULAR DISEASE AND GENETICS INCREASE THE RISK.**
- **EARLY TREATMENT IS CRITICAL FOR PREVENTING COMPLICATIONS AND CAN SOMETIMES EVEN REVERSE THE EFFECTS OF TYPE II DIABETES.**
- **UNTREATED DIABETES LEADS TO SEVERE DISEASE COMPLICATIONS AND CAN BE FATAL. STROKE, HEART ATTACKS, POOR VISION AND COMA CAN OCCUR AND LEAD TO SERIOUS WORKSITE INCIDENTS.**
- **REGULAR PHYSICAL ACTIVITY AND A DIET RICH IN UNPROCESSED VEGETABLES AND FRUITS, WHOLE GRAINS, PROTEIN AND HEALTHY FATS WILL HELP TO STABILIZE BLOOD SUGAR, LOWER YOUR RISK LEVEL FOR DIABETES AND IMPROVE YOUR REACTION TIME AND VIGILANCE.**