

## Article 2: 5 Household Habits That Could Be Contributing to Type 2 Diabetes

When people think of diabetes, they often assume it's caused only by genetics or eating too many sweets. While these are risk factors, they're far from the complete picture. In today's fast-paced lifestyle, several seemingly harmless daily habits at home may be quietly increasing the risk of developing type 2 diabetes.

**Gyaan by Ganesh - Making India Win Over Diabetes** is an awareness initiative by Sun Pharma, in partnership with the American Diabetes Association, focused on helping Indians better understand, prevent, and manage diabetes through expert backed information.



What's even more concerning is that diabetes is no longer limited to older adults. Increasingly, people in their 30s and even school-going children are being diagnosed with the condition. Experts say that unhealthy lifestyle patterns followed by the entire family often play a significant role. Here are some common habits that may be putting your health at risk.

**“Type 2 diabetes rarely results from a single habit; it usually develops through a combination of genetic and lifestyle factors. Household routines such as keeping sugary drinks and highly processed snacks readily available, serving oversized portions, spending long hours sitting, following irregular sleep schedules and normalizing tobacco use can gradually increase metabolic risk. Families should focus on sustainable changes—balanced home-cooked meals, regular movement, adequate sleep and timely blood sugar screening—rather than temporary restrictive diets.” Dr.....**



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"పైప్ 2 డయాబెటిస్ అనేది అరుదుగా ఏదైనా ఒకే ఒక్క అలవాటు వల్ల వస్తుంది. ఇది సాధారణంగా జన్మపరమైన, జీవనశైలి కారణాల కలయిక వల్ల వస్తుంది. చక్కెరతో కూడిన డ్రింక్స్, ఎక్కువగా ఫ్రాస్టెన్ చేసిన స్నాక్స్ ను ఎల్లప్పుడూ అందుబాటులో ఉంచుకోవడం, మోతాదుకు మించి ఆహారాన్ని వడ్డించడం, ఎక్కువ గంటలు కూర్చునే గడవడం, క్రమరహితమైన నిద్ర వేళలను పాటించడం, స్మోకింగ్ ను ఒక సాధారణ విషయంగా పరిగణించడం వంటి ఇంటి అలవాట్లు.. క్రమంగా మెటబాలిక్ (జీవక్రియ) ప్రమాదాన్ని పెంచుతాయి. కుటుంబాలు తాత్కాలికంగా కఠినమైన ఆహార నియమాలు పాటించడం కంటే స్థిరమైన మార్పులపై దృష్టి పెట్టాలి..అంటే ఇంట్లో వండిన సమతుల్యమైన ఆహారం తీసుకోవడం, క్రమం తప్పకుండా శారీరక కదలికలు (వ్యాయామం), తగినంత నిద్ర, సకాలంలో బ్లడ్ సుగర్ పరీక్షలు చేయించుకోవడం వంటి వాటికి ప్రాధాన్యత ఇవ్వాలి."



## 1. Starting the Day with a High-Carb Breakfast

Many households begin the morning with tea or coffee accompanied by biscuits or rusks, followed by breakfast items such as idli, dosa, upma, poori or similar dishes. While these foods are popular, they are often rich in refined carbohydrates and low in protein, which can lead to rapid spikes in blood sugar.

A healthier approach is to include protein-rich foods such as eggs, sprouts, lentils or paneer in your breakfast. Pairing carbohydrates with protein and fibre helps improve satiety and supports better blood sugar control.

## 2. Eating Dinner Too Late

Late-night dinners have become a common part of modern life. However, the body's metabolism naturally slows down in the evening. Eating a heavy meal close to bedtime gives the body less time to process glucose efficiently, which may contribute to poor blood sugar regulation over time.

Whenever possible, aim to finish dinner between 7 pm and 8 pm and choose lighter, balanced meals.

## 3. Poor Sleep and Constant Stress

Late-night screen time, work pressure and family responsibilities can affect sleep quality and increase stress levels. Chronic stress triggers the release of cortisol, a hormone that can raise blood sugar levels. At the same time, inadequate sleep has been linked to a higher risk of

insulin resistance and type 2 diabetes.

Prioritising 7-9 hours of quality sleep and managing stress through relaxation techniques, meditation or regular exercise can make a significant difference.

## **4. Too Much Tea, Coffee and Sugary Drinks**

Having multiple cups of tea or coffee throughout the day may seem harmless, but the added sugar quickly adds up. Packaged fruit juices, flavoured drinks and condiments like tomato ketchup can also contain surprising amounts of hidden sugar.

Reducing added sugar, choosing unsweetened beverages and reading nutrition labels can help lower your daily sugar intake.

## **5. Snacking While Watching TV**

Evening television or smartphone time often goes hand in hand with biscuits, chips, fried snacks and baked treats. Combined with prolonged sitting, this habit can contribute to weight gain and insulin resistance, two major risk factors for type 2 diabetes.

Instead, replace processed snacks with healthier alternatives such as fruits, nuts or roasted seeds, and try to stay physically active throughout the day.

## **Healthy Family Habits That Can Lower Diabetes Risk**

Diabetes doesn't develop overnight. It is often the result of years of lifestyle choices and daily routines. By identifying unhealthy habits early and making simple, sustainable changes at home, families can significantly reduce their risk of type 2 diabetes while building a healthier future together.

- Replace some servings of white rice with whole grains, millets or brown rice.
- Prepare homemade, nutritious meals instead of relying on fast food during weekends.
- Make physical activity a family routine by walking, cycling or practising yoga together for at least 30 minutes every day.
- Encourage balanced meals that include vegetables, lean protein, healthy fats and fibre.
- Limit sugary beverages and promote water as the primary drink.

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