

How to Prevent or Delay Diabetes

Before people develop type 2 diabetes, they almost always have “**pre-diabetes**” – blood sugar (glucose) levels that are higher than normal, but not high enough to be considered diabetes. There are 54 million people in the United States who have pre-diabetes and most of them don’t know it. If you have pre-diabetes, you are at risk for developing Type 2 diabetes and at an increased risk of developing heart disease. The Diabetes Prevention Program (DPP), a large, recently completed research study, proved that losing weight and getting regular physical activity can prevent or delay diabetes in over half of the people. That’s good news for people with pre-diabetes...**YOU** can make a difference!

Who should be screened for pre-diabetes?

- People age 45 years or older who are overweight
- People under age 45 who have one or more risk factors (see below)

What are the risk factors?

- Age...risk increases with age
- Overweight...BMI (body mass index) ≥ 25
- High blood pressure... 140/90 or higher
- High blood triglycerides (fat)...more than 250 mg/dl
- Low HDL “good” cholesterol...less than 35 mg/dl
- Family history...parent, brother or sister with diabetes
- Ethnicity...African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander heritage
- History of gestational diabetes or having a baby weighing more than 9 pounds
- Inactive lifestyle...no regular physical activity
- Polycystic ovary disease

How do you know if you have pre-diabetes?

Your medical provider will check your blood either first thing in the morning (fasting) or during a glucose tolerance test.

	Normal	Pre-diabetes	Diabetes	You
Fasting blood sugar	≤ 100	100-125	≥ 126	_____
Glucose tolerance test	≤ 140	140-199	≥ 200	_____

What can I do if I have pre-diabetes?

Reduce Portion Sizes

- Keep meat, fish and poultry portions to about 3 ounces (size of a deck of cards)
- Make less food look like more by using a smaller plate
- Share a single dessert
- Try not to snack while cooking or cleaning the kitchen
- When eating out, have a big vegetable salad, then split an entrée with a friend or have the other half wrapped to go.

Move More Each Day

- Be physically active for 30 minutes every day- all at once or divide it up into 3 10 minute sessions
- Deliver a message to a co-worker instead of emailing
- Take the stairs as often as possible
- Park further away from your favorite store at the mall or grocery store
- Make fewer phone calls- catch up with friends on a planned walk
- Walk the dog, dance around the house, play with the kids

Make Healthy Food Choices

- When grocery shopping, make a list and stick to it
- Choose foods with little or no added sugar or high fructose corn syrup.
- Choose veggie toppings such as spinach, broccoli, peppers for your pizza.
- Eat more fruits and vegetables
- Slow down at snack time! Eating low fat popcorn takes longer than eating cake; peeling and eating an orange takes more time than drinking orange juice
- Work your way down from whole milk to low fat, until you are drinking fat free milk and using low fat dairy products

Nurture Your Mind, Body and Soul

- Relax- try deep breathing, an easy walk or listen to music
- Give yourself some daily “pampering time”- Read, meditate, listen to music
- Try not to eat out of boredom or frustration

Want more information about your risk?

If you have internet access, go to www.diabetes.org.

1. Click on diabetes prevention.
2. Click on Diabetes PHD (personal health decisions) or diabetes risk test.
3. Enter your personal health information and see how you rate.
4. Check to see what would happen if you lost 10 pounds or walked regularly.

You might be surprised to see how a few small changes, can make a big difference!

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