



# LIFESTYLE STRATEGIES TO MANAGE YOUR HEALTH AND DIABETES

## WHAT IS PREDIABETES?

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Approximately 88 million American adults—more than 1 in 3—have prediabetes. Of those with prediabetes, more than 84% don't know they have it. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.

The good news is you can make lifestyle changes to prevent or delay type 2 diabetes and other serious health problems.

## WHAT CAUSES PREDIABETES?

Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into cells for use as energy. If you have prediabetes, the cells in

your body don't respond normally to insulin. Your pancreas makes more insulin to try to get cells to respond. Eventually your pancreas can't keep up, and your blood sugar rises, setting the stage for prediabetes—and type 2 diabetes down the road.

## RISK FACTORS

You can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems such as type 2 diabetes show up. It's important to talk to your healthcare provider about getting your blood sugar tested if you have any of the risk factors for prediabetes, which include:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes



- Having high blood pressure can contribute to your overall risk for type 2 diabetes
- Being physically active less than 3 times a week
- Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby who weighed more than 9 pounds
- Having polycystic ovary syndrome

Race and ethnicity are also a factor: African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk. Men are more likely than women to have undiagnosed diabetes.

### **SIMPLE BLOOD SUGAR TEST**

You can get a simple blood sugar test to find out if you have prediabetes. Ask your healthcare provider if you should be tested.

### **PREVENTING PREDIABETES**

If you have prediabetes, losing a small amount of weight if you're overweight and getting regular physical activity can lower your risk for developing type 2 diabetes. A small amount of weight loss means around 5% to 7% of your body weight, just 10 to 14 pounds for a 200-pound person. Regular physical activity means getting at least 150 minutes a week of brisk walking or a similar activity. That's just 30 minutes a day, five days a week.

- Lifestyle goals for prevention:
- Lose 5-7% body weight (if overweight)

- Gradually increase physical activity to 150 minutes per week (30 minutes/five days per week)
- Eat an approved meal plan for living with Diabetes.

If you are not sure if you're at risk, ask your health care professional about testing for diabetes, or enroll in a Diabetes education program if you need support.

**Knowledge is power. Exercise your mind with the quick quiz below:**

#### ***What are lifestyle goals for preventing diabetes?***

- ☐ Lose 1% of your body weight
- ☐ Lose 2% of your body weight
- ☒ **Lose 5-7% of your body weight**

#### ***What is a risk factor for type 2 Diabetes?***

##### ***Being overweight***

- ☐ Certain races are at higher risk
- ☐ Being age 45 or older
- ☒ **All of the above**

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