

# Prediabetes: Act now to protect your health

## What is prediabetes?

Prediabetes is a condition where you have more sugar (also called **glucose**) in your blood than normal—but not so much that you can be diagnosed with diabetes.

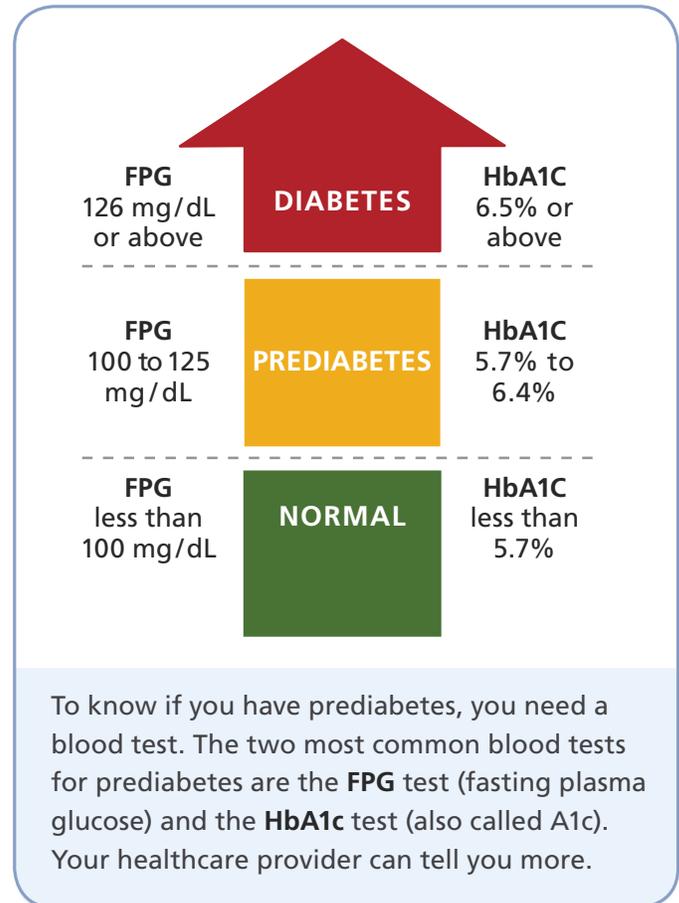
If you have prediabetes, you have a much greater chance of getting diabetes in the next 10 years.

**There’s a lot you can do to lower your blood sugar** — and lower your other health risks at the same time.

## What causes prediabetes?

Certain risk factors can increase your chances of getting prediabetes (and diabetes). Check those that apply to you in the table below.

Risk factors you <b>CAN</b> change	Risk factors you <b>CANNOT</b> change
<ul style="list-style-type: none"> <li><input type="checkbox"/> Not enough physical activity</li> <li><input type="checkbox"/> Poor diet</li> <li><input type="checkbox"/> Overweight or obese</li> <li><input type="checkbox"/> Smoking and tobacco use</li> <li><input type="checkbox"/> High blood pressure</li> <li><input type="checkbox"/> High cholesterol</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Family:</b> Mother, father, sister, or brother with type 2 diabetes</li> <li><input type="checkbox"/> <b>Age:</b> 40 or over</li> <li><input type="checkbox"/> <b>Race:</b> African American, Native American, Pacific Islander, Hispanic, or Asian</li> <li><input type="checkbox"/> <b>Health history:</b> Had gestational (pregnancy) diabetes or delivered a baby weighing over 9 pounds</li> </ul>



## Why does it matter?

High blood glucose puts you at risk for serious health problems, including:

- **Getting diabetes.** About 7 in 10 people with prediabetes get type 2 diabetes within 10 years. Diabetes can lead to serious health problems like kidney disease and blindness if it’s not managed well.
- **Having a heart attack or stroke.** Even if you don’t get diabetes, having high blood glucose for many years makes it more likely you will have one of these serious events.

See the next page to find out **what you can do now to protect your health.**

# 3 steps you can take now to protect your health



The day you find out you have prediabetes is a great day to start working to protect your health. Here's how to get started.

## Step 1. Start changing your daily habits.

Simple changes to your daily habits can lower blood glucose in people with prediabetes. These changes can delay—and even prevent—the onset of diabetes and other problems. Here's where to start:

### Be more physically active every day



Aim for at least 150 minutes a week—or about 30 minutes 5 days a week. Both your heart rate and breathing should be harder and faster than when you're at rest.

What activities do you enjoy? \_\_\_\_\_

### Make healthy food choices



Eat fewer processed carbohydrates (like white bread, crackers, sugar cereals, and pasta). Instead, choose vegetables, fruits, and whole grains. Remember to watch your portion sizes.

What fruits and vegetables do you like? \_\_\_\_\_

### Lose a little weight



Losing between 5% and 7% of your total weight can lower your blood sugar and protect your health. Here are some examples of how much to lose:

If you weigh	Try to lose
150 pounds	7–10 pounds
200 pounds	10–14 pounds
250 pounds	12–17 pounds

Lose weight a little at a time—about 1 to 2 pounds per week.

My current weight: \_\_\_\_\_

Pounds to lose: about \_\_\_\_\_

## Step 2. Get help through Intermountain's Diabetes Prevention Program.

There are many people who can help you learn more about how to prevent diabetes. Ask your healthcare provider about these options:

- **Prediabetes 101.** This is a **free** 2-hour class. It's taught by a registered dietitian nutritionist (RDN) trained in what to eat to lower your blood sugar. You'll learn about preventing diabetes and make a personal plan for what you can do and who can help you.
- **The Weigh to Health program.** This is a CDC-approved, 1-year program to help you make lifestyle changes that support both weight loss and diabetes prevention. There are 16 weekly group sessions and up to 6 monthly follow-up visits.
- **Meet with a registered dietitian nutritionist (RDN).** An RDN can help you make an eating plan that's right for you. Some insurance plans will pay for 3 or more individual appointments.
- **Omada Health.** This is a CDC approved digital diabetes prevention program available to Intermountain caregivers and their adult dependents who are enrolled in an Intermountain employee health plan.

## Step 3. Stay in touch with your healthcare provider.

Have your healthcare provider test your blood glucose every 12 months.

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