Prediabetes: Act now to protect your health

What is prediabetes?

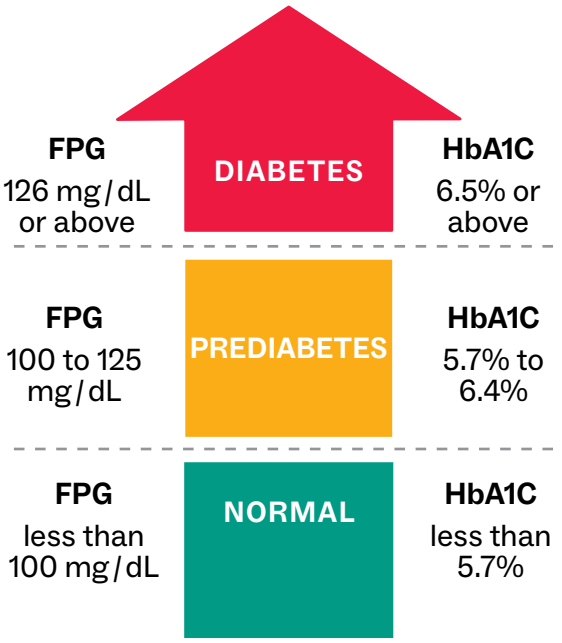
Prediabetes is a condition where you have more sugar (also called glucose) in your blood than normal—but not so much that you can be diagnosed with type 2 diabetes.

If you have prediabetes, you have a much greater chance of getting type 2 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 CAN change	Risk factors you CANNOT change
☐ Get more physical activity	☐ **Family:** Mother, father, sister, or brother with type 2 diabetes
☐ Eat healthy foods	☐ **Age:** 40 or older
☐ If carrying extra weight, lose a little	☐ **Race:** African American, Native American, Pacific Islander, Hispanic, or Asian
☐ Quit using tobacco and vapes	☐ **Health history:** Had gestational (pregnancy) diabetes or delivered a baby weighing over 9 pounds
☐ Treat high blood pressure	
☐ Treat high cholesterol	



To know if you have prediabetes, you need these 2 blood tests:

- **FPG test** (fasting plasma glucose)
- **HbA1c test** (also called A1c)

Your healthcare provider can tell you more.

Why does it matter?

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

- **Getting type 2 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 type 2 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 of moderate-intensity activity each 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) and avoid highly-processed foods. Instead, choose vegetables, fruits, lean protein, and whole grains Remember to watch your portion sizes.

What fruits and vegetables do you like? _____

_____

Lose a little weight

If you are carrying extra weight, losing a little can help protect your health. Here are some examples of how much to lose if you are a female who is 5' 6" tall:

If you weigh	Try to lose
170 pounds	8 – 12 pounds
210 pounds	10 – 14 pounds
250 pounds	12 – 17 pounds

My current weight: _____

Pounds to lose: about _____

Step 2. Get help through Intermountain's Diabetes Prevention Pathways.

There are many ways to help you prevent type 2 diabetes, and trained professionals prepared to help you. Ask your healthcare provider about these options:

- **Prediabetes 101.** This is a free 90-minute group session taught by a registered dietitian nutritionist (RDN), certified diabetes educator, or certified health education specialist. They will teach you about preventing type 2 diabetes and how you can lower your risk of getting type 2 diabetes.
- **The Way to Wellness program.** This is a CDC recognized, 1-year program to help you make nutrition and physical activity changes that support both weight loss and diabetes prevention. There are 20 group sessions and 3 individual sessions.
- **Meet with a registered dietitian nutritionist (RDN).** You will work with your RDN during virtual or in-person sessions to make a personalized nutrition plan that will help you reach your goals. Some insurance plans will pay for 3 or more individual appointments.
- **Omada Health.** This is a CDC recognized, year-long, fully digital diabetes prevention program available to eligible Intermountain employees and patients in Utah (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 monitor your health and test your A1c every 12 months.

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