Pre-diabetes 101 is a 2-hour class designed to help patients with prediabetes begin engaging in diabetes prevention. The class will help patients understand prediabetes, their risk of developing diabetes, and what they can do to prevent diabetes. At the end of class, patients will choose a program of support to help them make the lifestyle changes that can prevent diabetes.

The class covers the following topics:

1. **What is pre-diabetes — and what is diabetes?**
   What it means to have elevated blood glucose, and how prediabetes and diabetes are diagnosed.

2. **Why is diabetes such a big concern?**
   Health consequences of uncontrolled diabetes, especially when combined with high blood pressure and high cholesterol.

3. **What is your risk of getting diabetes?**
   Risk factors related to family and health history, current health status, and lifestyle.

4. **What can you do to prevent diabetes?**
   How lifestyle changes such as improved diet, increased physical activity, weight loss, smoking cessation, and medication adherence can help prevent diabetes.

5. **What are you ready to do?**
   Help identifying an initial lifestyle change the patient currently feels ready and able to make.

6. **What’s your next step?**
   An opportunity to identify a plan for professional support in making the lifestyle changes that can prevent diabetes. Choices include usual care with their physician, medical nutrition therapy, and The Weigh to Health® program.

For questions about this class, contact Tonya Schaffer at 801-442-3235 or Tonya.Schaffer@imail.org.

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