

# HealthMatters

AN EVERSIDE HEALTH & WELLNESS RESOURCE | 2022



**Prediabetes is a serious health condition that can lead to diabetes, heart disease and stroke.**

### **The good news?**

Learning you have prediabetes gives you a chance to make the changes you need to stay healthy.

## Stop type 2 diabetes before it starts

### **What is blood glucose?**

Blood glucose, often called blood sugar, fuels our bodies and our brains. The main source is from foods we eat that contain carbohydrates. Blood sugar levels naturally rise after we eat and fall between meals.

### **Know your numbers**

Two important glucose tests are fasting glucose (FG), which shows a single point in time and A1c, which shows an average over 3 months.

#### **Normal blood sugar:**

- A1c less than 5.7%
- FG less than 100 mg/dl

#### **Prediabetes:**

- A1c 5.7% - 6.4%
- FG 100 - 125 mg/dl

#### **Diabetes:**

- A1c 6.5% or higher
- FG 126 mg/dl or higher

### **Did You Know?**

*1 in 3 adults in America has prediabetes, yet 8 in 10 adults with prediabetes don't know they have it.*

### **Prediabetes is reversible**

In prediabetes, blood glucose levels are higher than normal but not high enough to be considered diabetes. Bringing these levels under control can stop or delay progression to type 2 diabetes.

*Each year, 5 to 10% of people with prediabetes will progress to diabetes. Don't be one of them!*

### **Balancing glucose**

Two common conditions associated with blood glucose are hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar). If you have elevated blood sugar, being physically active and eating a balance of carbohydrates

and fiber, protein and healthy fats, can help improve and maintain normal blood glucose levels.

### **Prediabetes risk factors**

It's important to get your blood sugar tested regularly if you:

- Are overweight or obese
- Are 45 years or older
- Are physically active less than 3 times a week
- Have high blood pressure or unhealthy levels of blood fats
- Use tobacco, which can increase insulin resistance
- Have a close family history of type 2 diabetes
- Come from a geographic area or ethnic background with high rates of type 2 diabetes
- Have had gestational diabetes (diabetes during pregnancy) or gave birth to a baby over 9 lbs.

Contact your Everside Health provider today to learn more.

# Prediabetes: lifestyle changes can keep you healthy

## Small changes offer big results

If you have prediabetes and are overweight, losing 5% to 7% of your body can improve your overall health. The following tips may help:

### Increase movement

- Try to get at least 150 minutes a week of physical activity. That's 30 minutes per day, 5 days a week.
- Include a variety of activities each day. Activity doesn't have to be all at once – it can add up throughout the day!

### Make meals count

- Balance your meals by making  $\frac{1}{2}$  your plate non-starchy vegetables,  $\frac{1}{4}$  lean protein, and  $\frac{1}{4}$  whole grains.
- Eat smaller, more frequent meals throughout the day and try to limit your portions of carbohydrates at meals and snacks. Carbohydrates raise blood sugars and are in grains, fruits, dairy, starchy veggies, & sweets.
- Limit your intake of sugar-sweetened beverages including sodas, sugary coffee, and sweet tea.

### Did you know?

*If you have prediabetes, losing weight by eating healthy and being more active can cut your risk of getting type 2 diabetes in half!*

### Manage stress & sleep well

- Stress hormones make blood sugar rise or fall unpredictably, and stress from being sick or injured can make your blood sugar go up.
- Aim for 7-8 hours of sleep every night. Too little sleep triggers stress hormones, which tell your body to hang onto fat. Insufficient sleep can also increase insulin resistance, raising blood sugar.

### Want to learn more?

Contact your provider to discuss your individual exercise and eating habits today!

#### Sources:

[Prediabetes - Your Chance to Prevent Type 2 Diabetes | CDC](#), accessed 06/20/2022  
[On Your Way to Preventing Type 2 Diabetes | CDC](#), accessed 06/20/2022  
[Prevent Type 2 Diabetes | CDC](#), accessed 06/20/2022  
[Prediabetes | CDC](#), accessed 06/20/2022  
[Prediabetes: A high-risk state for developing diabetes | Lancet](#), accessed 07/13/2022

## Figure out what needs to change

The first step is finding a routine to change for the better. Assess where you currently are when it comes to nutrition and physical activity and decide what you can reasonably do.

### Set a SMART goal

SMART goals are specific, measurable, achievable, relevant and time-bound.

*"I will complete at least 150 minutes a week of brisk walking. I will walk 30 minutes each day after dinner, during the five-day work week."*

### Focus your attention

Focus on what you **can** do and what you **can** have. Focusing on what matters increases your confidence, and increasing your confidence increases your satisfaction.

### Track your progress

People who keep track of their food, activity and weight reach their goals more often than people who don't.

### Get support and look ahead

Get support from people with similar goals and challenges. Share your health goals and why they're important with your friends and family. Having their support and encouragement can help you stay on track. Remember, lifestyle changes are changes for life!

### A diabetes prevention plan can help!

Work with your provider to make realistic, lasting lifestyle changes. Find out how to manage stress, stay motivated, and solve problems that can slow your progress.