



DIABETES & PREDIABETES HEALTH GUIDE

What is Diabetes & Prediabetes?

Diabetes is a condition in which your blood glucose (sugar) levels are too high. Over time, high levels of blood glucose can damage the nerves and small blood vessels of the eyes, kidneys, and heart. Before people develop type 2 diabetes, they almost always have “prediabetes” – glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. (See Know Your Numbers Panel.) Early detection and treatment can reduce the risk of developing complications from diabetes.

Prevention

HEALTHY WEIGHT

Staying at a healthy weight can help you prevent and manage problems like type 2 diabetes, heart disease, high blood pressure, unhealthy cholesterol, and high blood glucose.

HEALTHY EATING

Eating well to maintain a healthy weight is one of the most important things you can do to lower your risk for type 2 diabetes and heart disease. It can seem hard to make healthy food choices, particularly if you are on a budget and short on time. But there are some simple steps you can take to help you and your family eat healthier. Choose one or two of these suggestions to start today.

- Use a grocery list when shopping for food to help you choose more fresh vegetables, fruits, and whole grains.
- Buy leaner meats (such as chicken, turkey and lean cuts of pork or beef such as sirloin or chuck roast) and lower fat dairy products (like low-fat or skim milk and yogurt).
- Buy whole grain breads and cereals.
- Save money by buying less soda, sweets and chips or other snack foods.

PHYSICAL ACTIVITY

Even if you’ve never exercised before, you can find ways to add physical activity to your day. Physical activity can be beneficial even if it is not strenuous. Incorporating physical activity into your life can greatly improve overall health.

Know Your Numbers

The A1C test measures your average blood glucose for the past 2-3 months

Result	A1C
Normal:	< 5.7%
Prediabetes:	5.7%-6.4%
Diabetes:	≥ 6.5%

National Links

(Includes resources, recipes and tips)

Visit www.diabetes.org for more diabetes resources and information about activities through the local office of the American Diabetes Association.

Visit www.cdc.gov/diabetes/prevention for more information about the CDC’s National Diabetes Prevention Program.

Did You Know?

Some groups have a higher risk for developing type 2 diabetes than others. Type 2 diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as the aged population.

