

NOW WHAT I have prediabetes?

Prediabetes is when your A1C (Blood Sugar) is between 5.7% to 6.4% yet not high enough to be diagnosed as type 2 diabetes which is 6.5% or more. Prediabetes affects 1 in 3 American adults, but with lifestyle changes, prediabetes can be stopped or slowed. Risk factors for prediabetes and diabetes include: Being overweight or having obesity, being age 35 or older, having a family history of type 2 diabetes, being physically active less than 3 times a week, having a history of gestational diabetes, having polycystic ovary syndrome, and belonging to an ethnic group at high risk for diabetes such as Native American, African American, Hispanic/Latino, Pacific Islander, or Asian American.

FACTS FIRST: Prediabetes can often be reversed if it's caught early by making healthy lifestyle changes. Below are some ways you can reduce prediabetes risk.

Take a DPP Class

Manage Weight

Get Active

Eat Healthier

No Smoking

ACT ON THE FACTS:

MAKING TIME TO PARTICIPATE IN A NATIONAL DIABETES PREVENTION PROGRAM (DPP) focused on healthy eating and physical activity has shown that people with prediabetes can cut their risk of developing type 2 diabetes by 58%. To learn more about DPP classes, call Project Vida 915-465-1191, or visit diabetesnowwhat.org and click on manage diabetes to learn more about diabetes prevention programs.

LOSING JUST 7% OF YOUR BODY WEIGHT (or 15 pounds if you weigh 200 pounds) can lower your risk for type 2 diabetes. Weight loss occurs when a person burns more calories than they consume. Reducing calorie intake by 500 calories per day may promote close to 1lb weight loss per week.

BEING ACTIVE CAN HELP YOU MANAGE YOUR WEIGHT and reduce your blood sugar levels. Aim to do at least 30 minutes of moderate-intensity physical activity such as taking a brisk walk, swimming or resistance training, and getting up and moving around every 30 minutes. Always talk to your doctor before starting any new type of physical activity.

HEALTHY EATING IS AN IMPORTANT PART OF YOUR JOURNEY to delay or stop diabetes. A dietitian can help recommend the best food choices for weight loss. Call 915-532-6280 to learn more about the New Me program offered by The Center for Diabetes or visit diabetesnowwhat.org and click on manage diabetes for cooking classes and other helpful programs.

SMOKING CAN INCREASE YOUR RISK of developing type 2 diabetes and heart disease. If you smoke, try to quit. You can call 915-534-QUIT or visit smokefreepdn.org/quit-smoking.



What is your A1C?



Which act on the facts strategy will you prioritize?

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

EPDIABETES.ORG/NOW-WHAT/