



All About Your Risk for Pre-Diabetes, Type 2 Diabetes, and Heart Disease

What does pre-diabetes have to do with type 2 diabetes and heart disease?

When you have pre-diabetes, your blood glucose (sugar) levels are higher than normal but are not high enough to be called diabetes. But if your blood glucose goes higher, you can develop type 2 diabetes. Type 2 diabetes can lead to heart disease, stroke, nerve damage, kidney failure, and eye problems. The good news is you can take steps to delay or prevent pre-diabetes, diabetes, and heart disease.

How can I delay or prevent pre-diabetes, type 2 diabetes, and heart disease?

You can reverse pre-diabetes—and delay or prevent type 2 diabetes and heart disease—by eating fewer calories and less fat, being more active, and losing weight.

A study of people at high risk for type 2 diabetes found that people could lower their risk for diabetes. They ate less than usual, increased their daily activity, and lost weight. They did this by

- Eating fewer calories
- Cutting down on foods high in saturated fat
- Exercising 30 minutes a day, 5 days a week, usually by walking
- Losing weight (an average of 15 pounds in the first year of the study)

These actions worked for both men and women and for people age 60 and older.

What raises my risk for pre-diabetes and diabetes?

You are at risk if you

- Are age 45 or older
- Are African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander
- Have a parent, brother or sister with diabetes
- Are overweight
- Are physically inactive
- Have high blood pressure (140/90mmHg or higher) or take medicine for high blood pressure
- Have low HDL cholesterol and/or high triglycerides
- Are a woman who had diabetes during pregnancy
- Have been diagnosed with Polycystic Ovary Syndrome (PCOS)

How can I find out if I have pre-diabetes?

Pre-diabetes is a silent disease. You can have it but not know it. You will need a blood test to check your blood glucose level.

- If you are 45 or older, ask your health care provider to check your blood glucose level.
- No matter what your age, if you are overweight and have at least one other risk for diabetes, ask your health care provider about getting tested.
- Have been diagnosed with Polycystic Ovary Syndrome (PCOS)

How can I reverse pre-diabetes?

You can reverse pre-diabetes by

- Cutting back on calories and saturated fat
- Increasing your daily physical activity
- Losing weight

Losing 5 to 10 percent of your weight can help a lot. For example, if you weigh 200 pounds, your goal might be to lose 10 to 20 pounds.

Cut back on calories and fat

Think of ways you can change the way you eat. Place a check mark next to the steps you would like to try. Or write down your own ideas.

- Keep a log of what you eat for a week or two.
- Eat smaller portions.
- Order the smallest serving size when eating out, or share a main dish.
- Drink calorie-free drinks or water instead of regular soft drinks and juice.
- Fill up on leafy vegetables by starting your meals with a green salad.
- Check and compare food labels and choose foods with fewer calories.
- Bake, broil or grill and use nonstick pans and cooking sprays.
- Eat more vegetables and whole grain foods.
- Cut back on calories and saturated fat by

Increase your physical activity

Get moving! Place a check mark next to the steps you would like to try. Or write down your own ideas.

- Keep an activity log for a week or two.
- Use a pedometer to keep a count of your steps. Aim to work up to 10,000 steps every day.
- Buddy up with a friend or family member.
- Spend more time being active. Try working in the yard, riding a bike, or playing with your kids or grandchildren. Or do something else active that you enjoy.
- Take a walk every day if possible. Work up to 30 minutes of brisk walking at least 5 days a week. Or split 30 minutes into 2 or 3 walks.
- Start strength training by lifting light weights a few times a week.
- Try a new activity, like a yoga class, Pilates exercises, or a dance class.
- Eat more vegetables and whole grain foods.
- Add activity to your day by

Small steps can help

You don't have to make big changes to be healthier. Small steps can add up to big results. Make a plan that works for you.

Online resources from the American Diabetes Association

- Check your risk for type 2 diabetes and heart disease at www.CheckUpAmerica.org/MHA.
- For recipes and information about meal planning, visit www.diabetes.org/MyFoodAdvisor.