



Care Here!

PREDIABETES A CHANCE TO CHANGE!

More than 1 out of 3 American adults has prediabetes - sadly 90% of them don't even know it. If left untreated, prediabetes puts you at a higher risk for developing type 2 diabetes within five years. It also increases your risk for heart disease and stroke. **The good news is that lifestyle changes like eating healthy and staying physically active can reduce your risk for getting type 2 diabetes.**

What is prediabetes?

- Prediabetes is when blood glucose (sugar) levels are higher than normal, but not high enough to be diagnosed as diabetes.
- Normally, the body uses a lock and key system to transform the sugar in the bloodstream into energy for the body's cells. When the body has enough keys (insulin) and they connect with enough locks (the cell's doors), food gives the body energy. With prediabetes, this lock and key system is not working properly and the sugar builds up in the bloodstream. High blood sugars cause damage to the body leading to chronic diseases.

How is prediabetes diagnosed?

Your provider may diagnose you with prediabetes using some common blood tests.

Test	Diagnosis of Prediabetes
The A1c test measures your average blood glucose for the past 2-3 months.	5.7% to 6.4%
A Fasting Plasma Glucose (FPG) checks your blood glucose level after you have been fasting (nothing to eat or drink) for at least 8 hours.	100mg/dl to 125mg/dl

Are you at risk?

You may be at a higher risk for prediabetes and type 2 diabetes if you:

- Are overweight.
- Are 45 years of age or older.
- Have a parent or sibling who has type 2 diabetes.
- Are physically active fewer than 3 times per week.
- Gave birth to a baby that weighed more than 9 pounds.
- Had gestational diabetes (diabetes while pregnant).

African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are also at particularly high risk for type 2 diabetes.

What can you do?

You are in the driver's seat! Making lifestyle changes can help manage blood sugars and prevent or delay type 2 diabetes.



Be physically active. Regular physical activity, such as a 30-minute brisk walk, five days per week can help your body use the insulin it already makes. If you're not currently physically active, start with 5-10 minutes and work your way up!



Establish a healthy eating pattern. Simple changes to the way you eat can help reduce your risk for type 2 diabetes. Eat more fresh fruits and vegetables, whole grains, lean proteins, and healthy snacks. Choose water or unsweetened beverages over soda, fruit juice and sweet tea. Be mindful of portion sizes.



Quit smoking. Choosing to quit tobacco can help reduce your risk for a variety of serious health problems. Not sure where to start? CareHere offers a tobacco cessation program with support to help you on your journey to becoming tobacco-free!



Get enough quality sleep. Studies have shown that those who do not get enough quality sleep on a consistent basis are more likely to gain weight, increasing your risk for obesity, type 2 diabetes and other health concerns. Aim for 7-9 hours of good, quality sleep each night. So, turn off those electronics and go get some zzzzz's!



Maintain a healthy weight. Research shows that if you are overweight, losing a small amount of weight (5% to 7% of your body weight) can lower your risk for developing type 2 diabetes by 58%. For example, this would be a 10-pound weight loss for a 200-pound person. Adopting healthy habits like moving more and eating nourishing foods can help you lose weight.

If you would like to work with a CareHere Health Coach on making healthy lifestyle changes, please contact the Patient Support Center at 877.423.1330 to schedule an appointment.

References: Centers for Disease Control, American Diabetes Association

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