

For Information

Information about pre-diabetes and preventing type 2 diabetes can be found at:

American Diabetes Association
www.diabetes.org/diabetes-basics

National Diabetes Education Program
www.cdc.gov/diabetes/prevention/index.html

Sponsored and certified by Statewide Health Improvement Partnership (SHIP), in partnership with Essentia Health Diabetes Resource Program and Crow Wing Energized.

For more information contact Kara Schaefer
Kara.Schaefer@EssentiaHealth.org or
218-454-5901

Crow Wing
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www.CrowWingEnergized.org

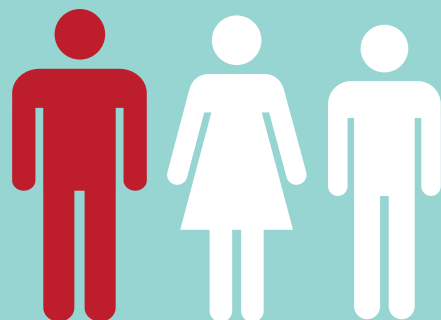


Essentia Health

EssentiaHealth.org

Lifestyle CHANGE Program

NATIONAL DIABETES PREVENTION PROGRAM



Are you the 1?

Did you know that if you are
an adult, your odds of
being prediabetic are
1 in 3?

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What is Prediabetes?

Think of it as a pre-diagnosis of type 2 diabetes – a wake-up call for you to make a few healthy changes in your daily life.

Prediabetes is when your blood sugar level is higher than normal, yet not high enough to be considered diabetes. Prediabetes begins a domino effect – it can lead to type 2 diabetes, and that can lead to heart disease, stroke, blindness, kidney failure and lower extremity amputations.

Without taking action 15 - 30% of people with prediabetes will develop type 2 diabetes within five years

You have an increase risk for prediabetes if you:

- Are overweight, especially if you carry a lot of extra weight in your abdomen
- Are inactive
- Have a close family member who has (or had) diabetes
- Have African American Hispanic/Latino, American Indian, Asian American or Pacific Islander racial or ethnic background
- Are older than 45 – at that age, your risk starts to rise and at age 65, your risk increases to 58%
- Developed diabetes while you were pregnant

The numbers are staggering:
1.5 million adults
in Minnesota may have prediabetes.
Are you one of them?

Know the Facts

FACTS ABOUT PRE-DIABETES

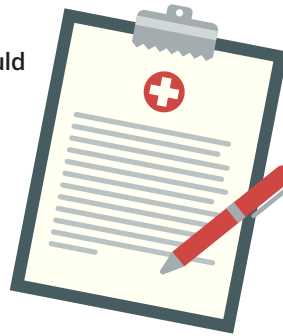
- There are about 79 million people in the United States who have pre-diabetes
- A person with pre-diabetes has a fasting blood glucose (sugar) level of between 100 and 125 mg/dl – if it rises above 126 that person has diabetes
- While the Diabetes Prevention Program (DPP) showed that some medications can delay developing diabetes, diet and physical activity worked better!
 - 30 minutes of moderate physical activity with a 5 to 10% reduction in body weight showed 58% fewer people developed diabetes
- People with pre-diabetes often do not notice any symptoms
 - Millions of people actually have diabetes and don't know it because symptoms develop gradually and people don't recognize them
- Symptoms of diabetes include:
 - Unusual thirst
 - Urinating a lot more than usual
 - Blurred vision
 - Tired most of the time without knowing why
- There are 3 different tests your provider can use to see if you have pre-diabetes:
 - A1C test
 - Fasting plasma glucose test (FPG)
 - Oral glucose tolerance test (OGTT)

Do I Have Prediabetes?

Prediabetes Risk Test

In the prediabetes stage, when your blood sugar level is higher than it should be, you may not have any symptoms.

Why wait to find out if you're at risk for prediabetes? Take the test and find out ... now. You'll be one step closer to knowing what to do.



1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(See chart at right)

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points

You weigh less than the 1 Point column (0 points)

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

Lifestyle CHANGE Program

ABOUT THE PROGRAM

Learn how to create a healthier lifestyle and prevent diabetes in this 22 session diabetes prevention program. Groups will meet with a trained instructor to help participants lose weight, eat healthier and increase physical activity. There will be 16 sessions offered over 6 months, and 6 monthly follow-up sessions for the remainder of the year.

How do I know if this program is for me?

- At least 18 years of age
- Do not currently have diabetes
- Are not pregnant
- Have been told you have pre-diabetes or score 9 or more on the following screening test



PROGRAM MEETING DETAILS

For a list of class options visit:

<http://crowwingenergized.org/events/> and pick a time and location or you may call Kara Schaefer at **218-454-5901**.

FEE

No Charge. (\$459 value)



9 of 10 people with prediabetes do not know they have it

Prevent Type 2 Diabetes

GET ACTIVE

When you move more every day, you will burn more calories. Try to get at least 30 minutes a day of physical activity. You don't have to do it all at once. Start slowly if you haven't been active.



EAT HEALTHY

Eat meals that have a mix of low-fat protein, vegetables and whole grains. Read the labels on food packaging and notice the serving size and calories per serving. Also, limit sugars and starchy carbs, and focus on fiber-rich foods, which can help you feel full.



LOSE WEIGHT

If you're overweight, prediabetes is more likely to turn into diabetes. Losing even as little as 5 - 7% of your body weight makes a big difference.



GET REGULAR CHECKUPS

Regular checkups help doctors spot health issues early on. If problems are found, your doctor can discuss prevention and help you set healthy lifestyle goals.



LIVE WELL – FEEL WELL

It's possible to stop prediabetes from developing into type 2 diabetes. It's easier than you think: a few changes to adopt a healthy lifestyle can help keep your blood sugar levels within normal range.



The Lifestyle Change Program can help you make these changes and cut your risk for type 2 diabetes in half. Find a class near you.