

Key Points to Remember

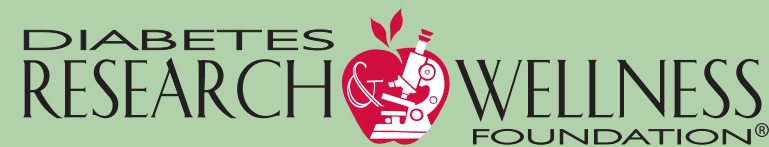
- Type 2 diabetes is preventable
- Lose 5 -7% of your body weight
- Engage in at least 30 minutes of physical activity every day.
- Reduce your portion sizes.

Resources:

- Plate Method <http://www.platemethod.com/>
Spark People <http://www.sparkpeople.com/resource/main.aspx>
Weight Watchers <http://www.weightwatchers.com/index.aspx>
Weight Control
Information Network <http://win.niddk.nih.gov>



For more information about diabetes contact DRWF's helpline at 800-941-4635, or logon to our website at www.diabeteswellness.net. Other brochures available: Your Feet and Diabetes, What is Diabetes, Illness and Diabetes, Injections, Periodontal Disease and Diabetes, Prediabetes, Erectile Dysfunction, The Facts About Diabetic Retinopathy.

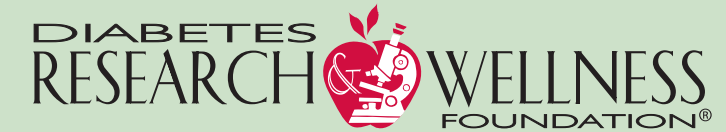


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An Organization for People Who Live with Diabetes Every Day.

The mission of **Diabetes Research & Wellness Foundation** (DRWF) is to help find the cure for diabetes, and until that goal is achieved, to provide the care and self-management skills needed to combat the life-threatening complications of diabetes.

Thank you for your confidence in the programs and services that the Diabetes Research & Wellness Foundation® provides to the community.
Please designate us in the Combined Federal Campaign & United Way.
Combined Federal Campaign #11629 • United Way #8588



What is **PRE-DIABETES**

Pre-diabetes is a condition where a person's blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes. Pre-diabetes does not have to result in diabetes if lifestyle changes are made. There was a large research study done in the United States known as the Diabetes Prevention Program (DPP). Findings from the study indicated that individuals with elevated blood sugar levels—pre-diabetes—could prevent the onset of Type 2 diabetes by 58 percent by losing 5%-7% of their body weight and walking for 30 minutes, five days a week.

Diagnosing Diabetes and Pre-Diabetes

The diagnosis of diabetes is made by a simple blood test measuring your blood glucose level. Following are the numbers that determine if you have pre-diabetes or diabetes:

	NORMAL	PRE-DIABETES	DIABETES
Fasting blood sugar	80-99	100-125	126 or higher
Random blood sugar	80-139	140-199	200 or higher
Two hour glucose tolerance test	80-139	140-199	200 or higher

Risk Factors for Type 2 Diabetes Include:

- A parent, brother or sister with diabetes.
- Being over 40 years of age.
- Ethnic background of African American, American Indian, Asian American, Pacific Islander or Hispanic/Latino American.
- Having a history of gestational diabetes.
- A woman who has delivered a baby over 9 pounds.
- Being overweight: waist circumference for women – greater than 35", for men – greater than 40".
- Blood pressure greater than 140/90.
- HDL (good cholesterol) less than 35mg/dl, LDL (bad cholesterol) greater than 130, or total cholesterol above 200.
- Triglycerides above 250 mg/dl.
- History of heart disease.
- An inactive or sedentary lifestyle.
- Polycystic ovary disease.
- Other conditions associated with insulin resistance such as acanthosis nigricans.

If you are overweight, lead a sedentary lifestyle, and have any of the risk factors listed—you should be evaluated for diabetes. Schedule an appointment for the simple blood test right away.

Healthy Lifestyle Changes Can Help

- Decrease your portion sizes.
- Make healthy food choices: reduce your intake of fat and sugar.
- Add fiber to your meal plan: fruit, vegetables and whole grains.
- Engage in at least 30 minutes of physical activity a day: take the stairs, walk—be active in some way.
- Reach and maintain a healthy weight.
- Reduce your consumption of alcohol.
- Reduce your intake of sodium if you have high blood pressure.
- Limit processed foods.

Weight loss is possible using a variety of techniques. Each person is an individual and must determine the program that is best for his or her needs. A controlled-calorie diet may be effective for some, while others may manage better if they use frozen, low-calorie entrees or liquid replacement meals. Joining Weight Watchers® may provide the additional support system you need to be successful in your weight-loss efforts. There are also a number of Internet sites available that can assist you in tracking your calories, as well as providing online support for your efforts.

It is important that you set small, reachable goals that help guarantee success. Be patient — your extra weight did not come about overnight and it's going to take time to lose it.

The Role of Physical Activity in Preventing Diabetes

It is very important to add some form of physical activity to your day in order to lose weight. Walking for at least 30 minutes a day is the simplest and least expensive activity you can choose. Planning physical activity throughout your day is important. Take the stairs rather than the elevator, park at the far end of the parking lot, walk while talking on the phone, or walk to your co-worker's desk rather than emailing him or her. If you are unable to walk, there are a variety of armchair exercises you can perform as well as armchair videos you can use to guide you. The most important thing is to MOVE!

Portion Control

Portion size has increased dramatically in the past 20 years, explaining our expanding waist sizes. Eat your meals on a 7-9 inch saucer rather than an 11-13 inch plate. It is important to limit portion sizes of all foods.



Healthy Food Choices

In making food choices, it is important to make healthy decisions about the foods we eat. Reducing your intake of fat and concentrated sweets will reduce your calorie intake. Drinking water instead of soda can reduce your daily calorie intake by 200-600 calories depending on the amount of soda you drink.

Increase your intake of high fiber foods by eating fruits, vegetables, and whole grains. Eating fresh fruit rather than drinking fruit juice provides additional fiber in your meals.

Limit your intake of starchy vegetables such as potatoes and corn and include all colors of fruits and vegetables to obtain a variety of vitamins and minerals.

Choose whole grains such as brown rice, whole-wheat pasta, and whole-grain breads. Add dried beans to your meals; beans may be used as an entrée instead of meat.

Include protein, eat 2-3 servings of fish every week. When choosing meats, select the lean cuts of beef and pork (loin) and always remove the skin from chicken and turkey.

Prepare your meals by broiling, grilling, or baking instead of frying.

Use olive or canola oil instead of vegetable or corn oil.

Limit high-calorie snack foods; be prepared for hunger attacks by having pre-portioned snacks available or fresh fruit, nuts, or raw vegetables.

Avoiding Type 2 diabetes by living a healthy lifestyle is very much doable. Today is a good day to put your plan into action.