

Prediabetes & Diabetes Overview

What is Prediabetes?

- Prediabetes is a health condition where your blood sugar level is higher than normal but not high enough to be Type 2 Diabetes.
- With lifestyle changes, it is possible to prevent your condition from becoming Type 2 Diabetes.

What is Diabetes?

- Diabetes is a type of disease where the body cannot control the amount of sugar in the blood.
- When you have this condition, your body does not use insulin correctly or does not make enough insulin.
- During digestion, food is broken down into sugar which then enters the blood



Food is eaten

Food is broken down into
sugar called glucose

Glucose enters the
bloodstream

Diabetes Symptoms

- Urinating a lot
- Very thirsty
- Very hungry
- Unusual weight loss
- Feeling more tired than usual
- Irritability
- Blurry vision
- Long time to heal skin sores

Who is more likely to get diabetes?

Individuals who are:



Not active



Overweight



Certain races/ethnicities (risk is high among South Asians, Hispanics, and African Americans)



Have a family history of diabetes (father, mother, sister, brother)



Women who had diabetes during pregnancy (gestational diabetes)

What is Hemoglobin A1c?

- A value that can be found through a blood test that your doctor orders during a routine exam
- Shows the average amount of sugar in your blood over the last 2-3 months
- A1c Goal:
 - for people with diabetes: **below 7**
 - for people with prediabetes: **below 6.4**

ABCs of Diabetes Control

Know your A1c, Blood Pressure, and Cholesterol levels to manage your health.

A is for A1c	B is for Blood Pressure	C is for Cholesterol
<p>-A1c is the average amount of glucose in your blood over the last 2-3 months</p> <p>-A1c Goal:</p> <ul style="list-style-type: none"> ● For people with diabetes: below 7 ● For people with prediabetes: below 6.4 	<p>-Blood pressure is the pressure of the blood pushing against the wall of your blood vessels</p> <p>-Blood Pressure Goal:</p> <ul style="list-style-type: none"> ● For people with diabetes: below 130/80 ● For people with prediabetes: below 120/80 	<p>-Cholesterol is a fatty substance in your blood that could build up in the walls of your blood vessels</p> <p>-People with diabetes typically have higher cholesterol</p> <p>-Speak to your doctor about what your cholesterol goals should be</p>

Developing Healthier Lifestyle Habits

- Eat Healthier
 - A healthy diet is important to prevent or manage diabetes.
 - Controls weight
 - Lowers blood sugar
 - Key tips:
 - Eat more vegetables!
 - Eat less sugar and fried foods
 - Eat less white rice and roti – these have lots of sugar!
- Increase your physical activity
 - Regular exercise is important to prevent or manage diabetes:
 - Lowers blood sugar
 - Control weight
 - Improves mood
 - Gives you more energy
- Increase your physical activity: it is recommended to get 150 minutes exercise in a week!
- Helping each other
- Consider partnering up with a friend or family member who can help you live healthier!
- Ask a family member or buddy to help you become more healthy
- **People who exercise with a buddy are likely to exercise more**