

Many of us are at risk for **Type 2 Diabetes**, but by taking action, we can prevent or delay diabetes and its complications: heart disease, kidney disease, blindness and early death.

Tests to find prediabetes

Fasting Blood Glucose Test

- *This test is done when you have not eaten for 8 or more hours*
- *Test results of 100-125 is prediabetes or at-risk*

Oral Glucose Tolerance Test

- *This test is done 2 hours after drinking a glucose-rich drink*
- *Test results of 140-199 is prediabetes or at-risk*

A1C (Hemoglobin A1C)

- *This test is done anytime*
- *Test results of 5.7-6.4% is prediabetes or at-risk*

Talk to your health care provider about lowering your risk of diabetes!

Find more information about lowering your risk of diabetes at the National Diabetes Education Program website: ndep.nih.gov.



This brochure was made possible through support from the Michigan Department of Community Health and may be reproduced.

Prediabetes

Are YOU at risk?

Take the risk test:

(check each that applies)

- Are you 45 years of age or older?
- Do you have a parent, brother or sister with diabetes?
- Are you African-American, Hispanic, or Native American?
- Are you overweight?
- Do you get too little physical activity?
- Do you have high blood pressure?
- Do you have high cholesterol?
- Did you have a baby that weighed 9 pounds or more at birth?

If you checked more than one...

...ACT NOW

Take Action **NOW...** it's **EASY**

Talk to your doctor!

- *Get tested today!*
- *Prediabetes does not have to mean diabetes*

Increase physical activity

- *Start slow and increase activity every day*
- *Work up to at least 30-60 minutes, 5 days a week*
- *Cleaning and yard work count!*



Eat healthy

- *Eat every 4-5 hours*
- *Eat 5-9 servings of vegetables and fruits each day*
- *Switch from "regular" soda/pop to water or diet pop*
- *Eat whole fruits instead of juices*
- *Eat whole grain foods*
- *Limit high fat and junk food like candy, cookies, ice cream and chips*
- *Eat or drink 2-3 servings of low-fat dairy products each day*



Lose weight

- *If you are overweight, losing 5-15 pounds can help*
- *Increase physical activity*

Treat high blood pressure

- *Limit salt intake...*
 - * *With high blood pressure-- less than 1500 mg each day*
 - * *Normal-- less than 2300 mg each day*
- *Take medication every day if prescribed*

Treat high cholesterol

- *Increase physical activity*
- *Decrease fat intake*
- *Take your medications if prescribed*

Get Enough Sleep

- *Most people need 7-9 hours sleep each night*
- *Talk to your health care provider if you have trouble sleeping or wake often during the night*



Manage stress

- *Eliminate unnecessary stress*
- *Exercise to feel better*
- *Find ways to relax*
- *Talk to your doctor or a counselor*



Stop smoking or using tobacco

- *Keep quitting until you are tobacco free*
Call the Michigan Quitline at 1-800-QUIT-NOW (800-784-8669).



Ask your health care provider about your diabetes risk...you can lower your risk!