

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.

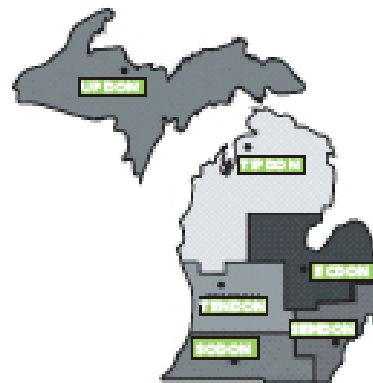
Fasting blood sugar levels between 60-99 are in the **normal range**.

**Diabetes** is diagnosed when fasting blood sugar levels are at 126 and above.

If you have a fasting blood sugar between 100 and 125, you have **prediabetes** and are at risk for developing diabetes.



For more information **contact** your **Diabetes Outreach Networks (DONs)**



ECDON — (810) 232-0522

TENDON — (616) 458-9520

SEMDON — (313) 259-1574

TIPDON — (800) 847-3665

SODON — (800) 795-7800

UPDON — (906) 228-9203

[www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)



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## Prediabetes

Are **YOU** at risk?

### Take the risk test:

(check each one 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**

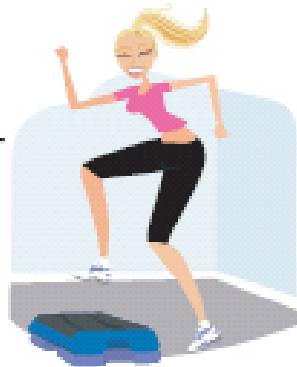
# Take Action **NOW...** it's **EASY**

Check with your doctor

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## 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
- Lower fat intake
- Eat or drink 3 servings of low-fat dairy products each day
- Limit junk food like candy, cookies, ice cream and chips



## Lose weight

- If you are overweight, a 5-15 lb weight loss can help
- Increase physical activity

## Treat high blood pressure

- Limit salt intake to 2000 mg each day
- Take medication every day if prescribed

## Treat high cholesterol

- Increase physical activity
- Decrease fat intake
- Take your medication if prescribed

## Manage stress

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



## Get enough sleep

- Most people need 7 to 9 hours
- See your doctor if you have trouble sleeping

## Quit smoking

- Keep on quitting until you are tobacco-free



Health Service Provider:

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