



## Prediabetic?

### First things first:

### You are not alone!

Are you hearing things like high glucose? Touch of the sugar? Borderline diabetic?

This means that your sugar levels are running high. It is the step before a diabetes diagnosis.

You may be feeling overwhelmed at this time.

### Do not stress!

This handout suggests ways to set yourself up for success.

## Prediabetes

Learn how to lower your risk of diabetes by using healthy defaults. Healthy defaults are small steps you can take to make the healthy choice, the easy choice.

Why not take a few extra steps today to make life easier tomorrow?

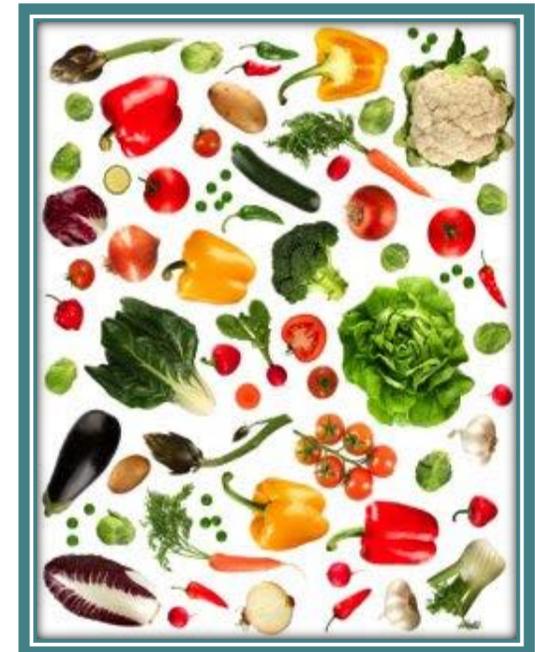


### References

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3. What is pre-diabetes? Diabetes Care and Education, 2018.
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6. Loewenstein, 2007.
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## Creating success with prediabetes:

### A healthy defaults guide



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## Prediabetes

### What is it?

Prediabetes is the step before type 2 diabetes. An estimated 54 million people are in this category.<sup>1</sup> There is a higher risk of a diabetes diagnosis if you are prediabetic.

### Risk factors<sup>1</sup>:

- Over 45 years
- Overweight/obese
- Little physical activity
- Family history of diabetes
- Gestational diabetes
- High blood pressure
- High triglycerides
- Specific ethnic groups

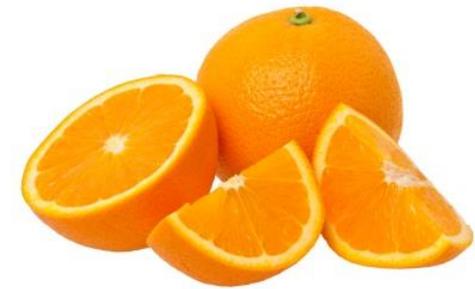
### Reduce Prediabetes Risk<sup>2,3</sup>

- Walk to your destination. Whether for errands or to talk to a co-worker.
- Have fruit available for when you crave something sweet.
- Keep frozen/canned fruits and vegetables in the cabinet. They are a healthy addition to last minute meals.
- Pick low calorie snacks like plain popcorn.
- Replace sugary drinks (ex: pop, kool-aid) with water.
- Prep healthy snacks for travel. It will help you avoid impulse purchases.
- Review restaurant menus. This helps to reduce anxiety in a social place.
- Reduce your portions. Save some for your next meal or snack. Stretch your dollars!
- Struggling? Talk to your doctor about visiting a registered dietitian nutritionist (RDN)

### Think ahead!<sup>4-7</sup>

Create your own healthy defaults. Healthy defaults help you make the healthy choice. This should be easy, you shouldn't feel restricted.

You can make your own healthy defaults. Think about when you struggle with food. Use this guide to be ready!



Reduce your risk by 60% by doing these two things.<sup>5</sup>

1. Drop 7% of your current weight (ex: if you weigh 200 pounds, lose 15).
2. Exercise 30 minutes per day, 5 days per week.