

Prediabetes

Prediabetes means your blood sugars are high but not high enough to have diabetes.¹

There is good news! You can still make small changes that reduce your chances of having diabetes.

People at Risk for Prediabetes

1 in 3 American adults aged 18 and older has prediabetes.¹

People who have certain genetic or lifestyle factors are more likely to have prediabetes.¹ These risk factors are¹:

- Overweight or obesity
- Age 45 or older
- A close family member like a parent, brother, or sister with diabetes
- Limited exercise
- A history of gestational diabetes
- A history of heart disease or stroke
- A history of polycystic ovary syndrome or PCOS
- Health problems like high blood pressure or high cholesterol
- African American, Alaska Native, American Indian, Asian American, Hispanic/Latino, Native Hawaiian, or Pacific Islander American background.



Creating a healthy environment at home and work encourages a healthy life. Change takes time, and small steps bring results. Move forward, even when you struggle.

You are not alone. Ask your doctor to see a Registered Dietitian for more support.

Different things work for people. **Find a plan that fits your life.** Make the changes you can and find a way around new obstacles.

Everyone succeeds at a different pace. Be kind to yourself. Pat yourself on the back for making your health better. **Live your best life and knock out prediabetes!**

References

1. NIDDK, 2018
2. Loewenstein, Brennan, Volpp, 2008
3. Radnitz, Loeb, DiMatteo, Keller, Zucker, Schwartz, 2013
4. Mayo Clinic, 2019
5. Evert, Dennison, Gardner et al., 2019
6. Health.gov, 2020.
7. Ross, Brooks, Touchton-Leonard, Wallen, 2016



LIVE
YOUR
BEST
LIFE

**KNOCK OUT
PREDIABETES WITH
HEALTHY DEFAULTS**



Knocking Out Prediabetes with Healthy Defaults

You can avoid diabetes by changing what you eat and exercising more.¹ Even better if these changes help you lose weight around the stomach!¹

People tend to follow the path of least resistance.² We choose what is available to satisfy our needs, even when it is not always healthy.² Our default behaviors are often the most convenient choices available to us.² They are also based on instant gratification instead of long-term benefit.² A great way to make change easier and improve your health is to use healthy defaults.³

Healthy defaults are easy and healthy choices we can make without having to think.³

They include pre-planned decisions so that when we are tired, anxious, or in a rush, they become our default choices or behaviors.³ Basically, they are the healthy path of least resistance and the choices we can make automatically without unhealthy consequences. Keeping fruit on the kitchen counter instead of candy leading you to grab a fruit when you want a snack is an example of a healthy default.

In the end, healthy defaults create the best environment possible to help us reach our health goals.³



A healthy environment encourages a healthy life. Having healthy defaults in your home and work life can help you prevent diabetes.

Let's get to work and create healthy defaults!

Make a Health Plan.

- Create your success and pre-plan for obstacles. Write down your top three health goals to help you stay on track. Focus on the categories of food, exercise, and relaxation. A goal should be realistic and can be as simple as "This week, I will walk 20 minutes during each of my lunch break."
- Goals can take time to accomplish. Keep working on them until you have achieved them. Then, create new ones.
- Keep them in plain sight on the refrigerator, a mirror, or your desk to help you stay motivated.

Food

- Stock your pantry with healthy foods like oats, brown rice, olive oil, spices, herbs, and snacks.⁴⁻⁵
- Keep low-fat dairy and healthy proteins in the refrigerator for easy access.⁴⁻⁵
- Remove unhealthy foods from your home and office.
- Keep cut up vegetables and fruits in the refrigerator for an easy go-to snack.⁴⁻⁵
- Keep portioned snacks or protein bars with you when on the go.⁴⁻⁵
- Keep a list of convenient, healthy foods to choose from when you are stressed.
- Plan a weekly menu and meal prep.⁴⁻⁵
- Bring your lunch to work.
- Drink water instead of sugary beverages.⁴⁻⁵
- Eat foods high in fiber like beans, quinoa and whole-grain cereals instead of processed foods.⁴⁻⁵
- Make plant proteins like beans, lentils, or tofu the central part of your dish.⁴⁻⁵
- Swap butter with oils. Eat seafood or chicken more often than beef.⁴⁻⁵
- Grocery shop when full and with a grocery list to limit impulse buying.
- Look at restaurant menus ahead of time and pre-choose your meal.

Lifestyle

- Build-in exercise into your day. Park your car far from the office or stores. Take advantage of your lunch breaks to increase your steps.
- Use the stairs instead of the elevators.
- Aim for 30 to 60 minutes of exercise per day, at least 5 days per week.⁶
- Take time for self-care. Learn to meditate or practice journaling.
- Take up yoga! Studies show that it can help reduce stress and the waistline.⁷