

**Title:** Live Your Best Life  
Knock Out Prediabetes with Healthy Defaults

### Prediabetes

Prediabetes means your blood sugars are high but not high enough to have diabetes.<sup>1</sup>

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

### People at Risk for Prediabetes

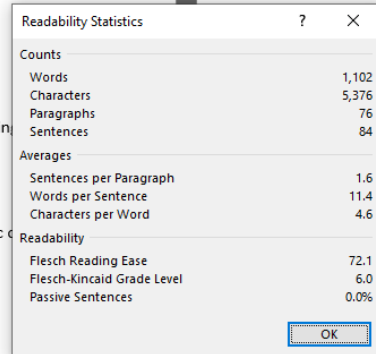
1 in 3 American adults aged 18 and older has prediabetes.<sup>1</sup> People with certain genetic or lifestyle factors are more likely to have prediabetes.<sup>1</sup> These risk factors include<sup>1</sup>:

- 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.

### Knocking Out Prediabetes with Healthy Defaults

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

People tend to follow the path of least resistance.<sup>2</sup> We choose what is available to satisfy our needs, even when it is not always healthy.<sup>2</sup> Our default behaviors are often the most convenient choices available to us.<sup>2</sup> They are based on instant gratification instead of long-term benefit. A great way to



A dialog box titled "Readability Statistics" with a question mark icon and a close button (X). It displays readability metrics for a document. The metrics are grouped into "Counts", "Averages", and "Readability".

Counts	
Words	1,102
Characters	5,376
Paragraphs	76
Sentences	84
Averages	
Sentences per Paragraph	1.6
Words per Sentence	11.4
Characters per Word	4.6
Readability	
Flesch Reading Ease	72.1
Flesch-Kincaid Grade Level	6.0
Passive Sentences	0.0%

An "OK" button is located at the bottom right of the dialog box.



environment encourage work life can help work and create health Plan. Writing obstacles that m

- Write down your top food, exercise, and r will walk 20 minutes
- Goals can take time create new ones.
- Keep them in plain s

### Food

- Stock your pantry wi herbs.<sup>4-5</sup>
- Keep low-fat dairy cl
- Remove unhealthy fi
- Put away tempting fi
- Keep fruit on the co snack when you are
- Pre-portion snacks a