

Pre-Diabetes



What is it?

People with blood glucose levels that are higher than normal but not high enough for a diagnosis of diabetes have “prediabetes.” Doctors sometimes call this condition impaired glucose tolerance (IGT) or impaired fasting glucose (IFG). Prediabetes usually has no symptoms.

Having prediabetes puts one at higher risk for developing type 2 diabetes, heart disease, stroke, and eye disease.

Am I at Risk?

You are more likely to develop type 2 diabetes if

- you are overweight
- you are 45 years old or older
- you have a parent, brother, or sister with diabetes
- your family background is African American, American Indian, Asian American, Hispanic American/Latino, or Pacific Islander
- you have had gestational diabetes or gave birth to at least one baby weighing more than 9 pounds
- your blood pressure is 140/90 or higher, or you have been told that you have high blood pressure
- your HDL cholesterol is 35 or lower, or your triglyceride level is 250 or higher
- you are fairly inactive, or you exercise fewer than three times a week.

How Can I Prevent or Delay It?

Studies show that people with prediabetes who lose at least 7% of their body weight and engage in moderate physical activity at least 150 minutes per week (30 minutes per day 5 days a week) can prevent or delay diabetes and even return their blood glucose levels to normal.

National Diabetes Education materials

www.yourdiabetesinfo.org

www.ndep.nih.gov

Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes

http://www.ndep.nih.gov/media/GP_Booklet.pdf

GAME PLAN Fat and Calorie Counter http://www.ndep.nih.gov/media/GP_FatCal.pdf

GAME PLAN Food and Activity Tracker

http://www.ndep.nih.gov/media/GP_FoodActTracker.pdf

Get Real! You Don't Have to Knock Yourself Out to Prevent Diabetes

http://www.ndep.nih.gov/media/getreal_tips.pdf

It's Not Too Late to Prevent Diabetes Tips to help older adults at risk for type 2 diabetes move more and eat less and lower their risk for diabetes.

http://www.ndep.nih.gov/media/nottoolate_tips.pdf

Prevent type 2 Diabetes. Step by Step. (Prevenamos la diabetes tipo 2. Paso a Paso)

http://www.ndep.nih.gov/media/Paso_tips.pdf

Tips for Kids: How to Lower Your Risk for Type 2 Diabetes

<http://www.ndep.nih.gov/media/kids-tips-lower-risk.pdf>

Tips for Teens: Lower Your Risk for Type 2 Diabetes

http://www.ndep.nih.gov/media/YouthTips_LowerRisk_Eng.pdf

Road to Health Toolkit User's Guide

<http://www.ndep.nih.gov/media/road-to-health-toolkit-users-guide.pdf>

Road to Health Toolkit Activities Guide

<http://www.ndep.nih.gov/media/road-to-health-toolkit-activities-guide.pdf>

Road to Health Toolkit Resources Guide

<http://www.ndep.nih.gov/media/road-to-health-toolkit-resources-guide.pdf>

Road to Health Toolkit Flipchart

<http://www.ndep.nih.gov/media/road-to-health-toolkit-flipchart.pdf>

Más que comida, es vida. (It's more than food. It's Life.) English poster

http://www.ndep.nih.gov/media/MQC_eng_poster_4C.pdf

Más que comida, es vida. (It's more than food. It's Life.) Spanish Poster

http://www.ndep.nih.gov/media/MQC_sp_poster_4C.pdf

Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention This curriculum can be used by small groups to learn how to make healthy lifestyle changes around food and physical activity to prevent and manage diabetes. <http://www.ndep.nih.gov/media/power-to-prevent.pdf>

We Have the Power to Prevent Diabetes

http://www.ndep.nih.gov/media/Power_tips.pdf

It's Never Too Early to Prevent Diabetes. A Lifetime of Small Steps for a Healthy Family.*

http://www.ndep.nih.gov/media/NeverTooEarly_Tipsheet.pdf

Step by step: Moving towards prevention of Type 2 Diabetes

(NDEP-93) This music CD helps African Americans incorporate more physical activity into their lives.

<http://www.ndep.nih.gov>

Movimiento Por Su Vida This lively music CD helps Hispanics and Latinos incorporate more movement into their lives (NDEP-62CD) <http://www.ndep.nih.gov>

More than 50 Ways to Prevent Diabetes http://www.ndep.nih.gov/media/50Ways_tips.pdf

Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes Health Care

Provider Toolkit http://www.ndep.nih.gov/media/GP_Toolkit.pdf

Move It! And Reduce Your Risk of Diabetes School Kit (NDEP-91)

http://www.ndep.nih.gov/media/moveit_school_kit.pdf

Move It! And Reduce Risk of Diabetes Poster 1

<http://www.ndep.nih.gov/media/moveit-poster-1.pdf>

Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs (in English) Also available in these languages: Cambodian, Chamorro, Chinese, Chuukese, Gujarati, Hindi, Hmong, Japanese, Korean, Laotian, Samoan, Tagalog, Thai, Tongan, Vietnamese

http://www.ndep.nih.gov/media/tworeasons_tips_eng.pdf
