Prediabetes & Diabetes Overview

What is Prediabetes?
- Prediabetes is a health condition where your blood sugar level is higher than normal but not high enough to be Type 2 Diabetes.
- With lifestyle changes, it is possible to prevent your condition from becoming Type 2 Diabetes.

What is Diabetes?
- Diabetes is a type of disease where the body cannot control the amount of sugar in the blood.
- When you have this condition, your body does not use insulin correctly or does not make enough insulin.
- During digestion, food is broken down into sugar which then enters the blood.

Diabetes Symptoms
- Urinating a lot
- Very thirsty
- Very hungry
- Unusual weight loss
- Feeling more tired than usual
- Irritability
- Blurry vision
- Long time to heal skin sores
Who is more likely to get diabetes?
Individuals who are:

- Not active
- Overweight
- Certain races/ethnicities (risk is high among South Asians, Hispanics, and African Americans)
- Have a family history of diabetes (father, mother, sister, brother)
- Women who had diabetes during pregnancy (gestational diabetes)

What is Hemoglobin A1c?
- A value that can be found through a blood test that your doctor orders during a routine exam
- Shows the average amount of sugar in your blood over the last 2-3 months
- A1c Goal:
  - for people with diabetes: below 7
  - for people with prediabetes: below 6.4
ABCs of Diabetes Control

Know your A1c, Blood Pressure, and Cholesterol levels to manage your health.

<table>
<thead>
<tr>
<th>A is for A1c</th>
<th>B is for Blood Pressure</th>
<th>C is for Cholesterol</th>
</tr>
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<tbody>
<tr>
<td>-A1c is the average amount of glucose in your blood over the last 2-3 months</td>
<td>-Blood pressure is the pressure of the blood pushing against the wall of your blood vessels</td>
<td>-Cholesterol is a fatty substance in your blood that could build up in the walls of your blood vessels</td>
</tr>
<tr>
<td>-A1c Goal:</td>
<td>-Blood Pressure Goal:</td>
<td>-People with diabetes typically have higher cholesterol</td>
</tr>
<tr>
<td>● For people with diabetes: below 7</td>
<td>● For people with diabetes: below 130/80</td>
<td>-Speak to your doctor about what your cholesterol goals should be</td>
</tr>
<tr>
<td>● For people with prediabetes: below 6.4</td>
<td>● For people with prediabetes: below 120/80</td>
<td></td>
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</tbody>
</table>

Developing Healthier Lifestyle Habits

- **Eat Healthier**
  
  A healthy diet is important to prevent or manage diabetes.
  
  - Controls weight
  - Lowers blood sugar

  Key tips:
  
  - Eat more vegetables!
  - Eat less sugar and fried foods
  - Eat less white rice and roti – these have lots of sugar!

- **Increase your physical activity**
  
  Regular exercise is important to prevent or manage diabetes:
  
  - Lowers blood sugar
  - Control weight
  - Improves mood
  - Gives you more energy

- **Increase your physical activity: it is recommended to get 150 minutes exercise in a week!**

- **Helping each other**
  
  - Consider partnering up with a friend or family member who can help you live healthier!
  - Ask a family member or buddy to help you become more healthy
  - **People who exercise with a buddy are likely to exercise more**