



Maintain a healthy weight and stay active.

## What is prediabetes?

Prediabetes is a condition where your blood sugar (glucose) is higher than normal. This is verified by the following blood test results:

- Fasting blood sugar of 100 to 125 mg/dl.
- Hemoglobin A1c of 5.7 to 6.4 percent.

The hemoglobin A1c test measures your average blood sugar level over the past 2 to 3 months.

Persons with prediabetes are at higher risk for developing:

- Diabetes
- Heart disease
- Stroke

Maintaining a healthy weight and being active can help you reverse prediabetes and delay or prevent type 2 diabetes.

## What is type 2 diabetes?

Diabetes makes it hard to turn the food you eat into energy. When your body does not make enough of the hormone called insulin – or it does not use insulin well – sugar builds up in your blood. High blood sugar can damage your nerves and blood vessels. This may lead to a heart attack, stroke, or other serious health problems.

## What are other risk factors for diabetes?

- Age 45 and older.
- Have a family member with type 2 diabetes.
- High blood pressure over 140/90 mmHg.
- Low HDL cholesterol (35 mg/dl or lower) or high triglycerides (250 mg/dl or higher).
- African American, Alaskan Native, American Indian, Asian American, Hispanic/Latino, or Pacific Islander.
- Had diabetes during pregnancy (gestational diabetes) or have given birth to a baby weighing more than 9 pounds.

## What can I do to delay or prevent type 2 diabetes?

Reduce your risk of type 2 diabetes by making healthy changes in your lifestyle. Small changes can have big effects on your health. Talk to your doctor about checking your blood sugar regularly to address any increases in blood sugar levels early.

## 1. Move more: Be physically active every day.

Physical activity is one of the most effective ways to delay or prevent type 2 diabetes. It can also decrease your blood pressure, cholesterol and risk for heart disease, osteoporosis, and some cancers.

Adults should aim for 150 minutes a week or at least 30 minutes on most days. Children and teens need 60 minutes on most days of the week.

- Go for walks or hikes or swim at the beach or pool with family or friends.
- Get exercise DVDs or exercise equipment for home use.
- Take the stairs instead of the elevator.
- Use a pedometer (step-counter) to track your steps. Count the steps you are currently walking in a day. Increase average daily steps each week by 500 per day until you can easily average 10,000 per day.
- Try strength training by lifting light weights on alternating days every week.

### Eat more . . .

- Baked, boiled, broiled, or steamed food, fish, tofu, beans, legumes
- Fruits and vegetables
- Whole wheat bread or pasta, brown rice, taro/sweet potato, poi
- Nonfat or 1% milk or low fat yogurt, soy or almond milk

### Eat less . . .

- Pan fried or deep-fat fried foods, luncheon meat, portuguese sausage, ribs
- French fries, chips, crackers
- White rice and bread, packaged saimin, sweet bread, croissants
- High-fat dairy foods, such as whole milk, cheese, cream, and ice cream

## 2. Eat healthier: Make wise food choices.

Get started with small changes:

- Choose smaller portions.
- Drink plenty of water.
- Try to eat slowly. It takes your stomach 20 minutes to tell your brain that it is full.
- Cut back on sugar by limiting sweetened beverages, like soda and fruit juice, or by switching to sugar-free drinks.
- Choose foods that are lower in fat and calories.

## 3. Maintain a healthy weight

Losing weight and keeping it off can improve blood sugar levels. The key to maintaining weight is balancing the amount of calories you eat and

drink with the amount you burn through regular physical activity. If you are overweight, losing 5 to 10 percent of your current body weight will improve your health.

### Other resources

- Go to [kp.org](http://kp.org) to access health and drug encyclopedias, interactive programs, health classes, and much more.
  - For more information on preventing diabetes, visit [kp.org/healthyliving](http://kp.org/healthyliving).
  - Contact Kaiser Permanente Prevention & Health Education on Oahu, Maui, and Hawaii island for programs, and other resources.
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|------------|--------------|
| Oahu       | 808-432-2260 |
| Maui       | 808-243-6484 |
| Big Island | 808-933-4510 |

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please talk to your doctor.

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