**Prediabetes** is a warning sign that you may develop diabetes. It means your blood sugar or Hemoglobin A1C levels are higher than normal but not high enough to be called diabetes.

- **Diabetes:** 126 mg/dl or greater
- **Pre-Diabetes:** 100-125 mg/dl
- **Normal:** 99 or less mg/dl

**The A1C test measures** your average blood glucose for the past 2 to 3 months.

- **Diabetes is diagnosed at an A1C of greater than or equal to 6.5%**
- **PreDiabetes:** 5.7% to 6.4%
- **Normal:** less than 5.7%

**Diabetes Risk Factors** you cannot control:
- Close relative with diabetes
- 45 years or older
- Gestational diabetes
- High risk ethnic background
- Other medical conditions

**Diabetes Risk Factors** you can control:
- Overweight / obesity
- Low activity level
- Cholesterol numbers
- Diet
- High blood pressure

**Corporation Health and Wellness**
For more information contact the Corporate Health and Wellness Nurse (208) 367-6567
TIPS TO PREVENT PRE-DIABETES

Lifestyle changes can have a big impact on pre-diabetes. It has been proven with these changes type 2 diabetes can be prevented or delayed in over half of patients with pre-diabetes.

- Get at least a total of 150 minutes of exercise per week
- Lose 5-7% of your body weight
- Take a walk after dinner, take the stairs instead of the elevator, do exercises during TV commercials
- Replace unhealthy proteins with healthy ones such as: chicken, fish, eggs or tofu
- Add fresh vegetables to every meal
- Reduce calories and saturated fats in your diet
- Drink lots of water- replace juice, soda and sugary drinks with water
- Be mindful of portion sizes - resist extra servings
- Consult your primary care physician for the best treatment plan

Take note...

People with Pre-Diabetes are more likely to develop Diabetes within 10 years and they are more likely to have a heart attack or stroke.