

# DIABETES EDUCATION: PREDIABETES OVERVIEW

## WHAT IS PREDIABETES?

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Prediabetes is when the blood sugar is higher than normal, but not high enough to be diagnosed as diabetes. With the right lifestyle changes, it is possible to prevent prediabetes from turning into diabetes!

## WHAT SHOULD I DO IF I HAVE PREDIABETES?

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If you have prediabetes, you should try to lower the chance that it will turn into diabetes. Here's what you should do:



**Be active for 30 minutes a day:** You don't have to go to the gym or even sweat for your activity to make a difference. Walking, gardening, and dancing are all activities that can be good for you. If you aren't used to being active, start slow and talk to your healthcare provider if you need help getting started.



**Eat lots of healthy foods:** Try to eat more fresh fruits, vegetables, and low-fat dairy products, and less meats, sweets, and refined grains (like white bread and white rice). Keep things like sweet drinks (soda and juice with added sugar) as a special treat you have once in a while, rather than every day.



**Quit smoking:** If you smoke, consider asking your provider for advice on how to quit. We know quitting isn't easy. People are more likely to be able to quit for good if they have help from professionals and sometimes, medicine. Reach out to your provider for more information.



**If you've been prescribed medicine, use it:** If your provider prescribed any medicine, take them as directed. That includes medicine to prevent diabetes, and medicine to lower blood pressure or cholesterol. People with prediabetes have a higher-than-average risk of heart attacks, strokes, and other problems, so taking your medicine regularly is important.



**Think about your weight:** If you are overweight, losing 5–10% of your body weight can lower your risk a lot. If you weigh 200 pounds, that means you should lose 10–20 pounds. If you weigh 150 pounds, that means you should lose 7–15 pounds. Getting to a healthy weight can be hard to do sometimes, so we recommend reaching out to your care team—they can help you with planning and support.