

You can prevent getting diabetes!

Lose a little weight.

Be physically active.



Talk to your loved ones.

**Work together.
Change habits.
Make it fun.**

People who have pre-diabetes can do something about it

Start today!

Remember to get your blood sugar checked every year

Where to call:

Tribal diabetes program

Local hospital or clinic



November 2005

(Pre-Diabetes) PDM-DP,P,L

Pre-Diabetes

**Things to know
Things to do**

Diabetes can be prevented



What is pre-diabetes?

Pre-diabetes happens when a person's blood sugar is higher than normal, but not high enough to be diabetes.

Other names for this problem are:

- borderline diabetes
- impaired glucose tolerance
- impaired fasting glucose

All of these problems mean a person has blood sugars that are higher than normal.



Pre-diabetes is not that big a deal, right?

It IS a big deal!

- Having pre-diabetes increases a person's chance for heart disease.
- It can also lead to diabetes.

People who have pre-diabetes can take steps NOW to not get diabetes.

Could I have pre-diabetes and not know it?

Yes. People who have pre-diabetes don't feel anything. In fact, many people have diabetes and don't know it.

How do I know if I am at risk for pre-diabetes?

Check each box that fits you.

- family members have diabetes
- overweight
- Native American
- 30 or older
- had gestational diabetes or had a baby who weighed more than 9 pounds at birth
- had high sugar in the past
- have high blood pressure
- have high LDL and high triglyceride blood tests

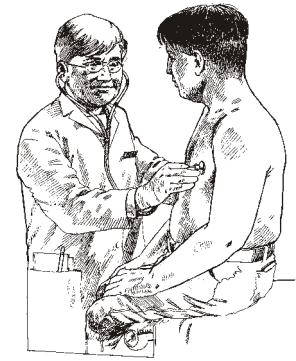
Look at the numbers below to learn your risk for having pre-diabetes.

0-1	low risk
2-4	some risk
5-6	high risk
7-8	very high risk

My risk of having pre-diabetes is high. What can I do?

Get your blood sugar checked. Ask CHRs, diabetes staff, clinic nurses and doctors, or field nurses to check your sugar.

If your sugar is high, get it checked again at the hospital or clinic.



What can I do to prevent or delay getting diabetes?

Think about how you live your life each day. What can you change? Check each thing you will do:

- be physically active 30 minutes each day
- lose 10-15 pounds
- drink less soda and sweet drinks
- eat less sugar foods
- eat less fried foods
- eat less high fat foods

