

Pre-diabetes: How can you prevent type 2 diabetes?



Physical activity is one of the most effective ways to delay or prevent type 2 diabetes.



What is pre-diabetes?

Pre-diabetes is a condition that most people have before they develop diabetes. It means that your blood sugar (glucose) is higher than normal, but not high enough to be diagnosed with diabetes. Pre-diabetes is defined as a fasting blood sugar of 100 to 125 mg/dl. Having pre-diabetes means that you are at greater risk for type 2 diabetes, heart disease, and stroke. The good news is that eating fewer calories and being more active can reverse pre-diabetes and delay or prevent type 2 diabetes.

Diabetes overview

Diabetes is a condition that makes it hard for your body to turn the food that you eat into energy. After you eat, your body releases a hormone (insulin) that helps the sugar from your food to enter the cells where it is used for energy. When you do not make enough insulin—or your body does not use insulin well—sugar builds up in your blood, which can cause diabetes. Over time, this high blood sugar can damage your nerves and blood vessels. This may lead to a heart attack, stroke, or other serious health problems.

Are you at increased risk for diabetes?

You are at risk for diabetes if you:

- are age 40 or over
- carry excess weight (especially around the waist)
- are physically inactive
- have a family member with type 2 diabetes
- have high blood pressure (over 140/90 mmHg)
- have low HDL cholesterol (35 mg/dl or lower) or high triglycerides (250 mg/dl or higher)
- are African American, American Indian, Asian American, Hispanic / Latino, or Pacific Islander
- have had diabetes during pregnancy (gestational diabetes) or delivery of a baby over 9 pounds

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

You can reduce your risk of type 2 diabetes by making small changes in your lifestyle. In the following sections you will find tips for making small changes that will have big effects on your health. Also, talk to your doctor about checking your blood sugar regularly in order to address any changes early.



Move more: Be physically active every day.

Physical activity is one of the most effective ways to delay or prevent type 2 diabetes. It also benefits your health by decreasing blood pressure, reducing your risk of heart disease, osteoporosis, and some cancers. Physical activity may also decrease your level of total cholesterol.

Aim for 30 minutes of physical activity on most days.

- Make physical activity a social event. Go for walks or bike rides with family or friends.
- Consider using home exercise videos or exercise equipment.
- Try to get activity in throughout the day. Take the stairs instead of the elevator.
- Use a pedometer (step-counter) to track your steps. Determine how many steps you walk every day, then increase this number by 50 to 100 steps (or by 5 to 10 percent).
- Try strength training by lifting light weights a few times every week.

Eat healthier: Make wise food choices.

Making changes can be hard. But when it comes to taking care of yourself, it's worth the effort to stay healthy.

The following tips can help you get started:

Eat more . . .

- Baked, boiled, broiled, or steamed food
- Fruits and vegetables
- Whole wheat bread and brown rice
- Nonfat milk, nonfat yogurt, nonfat cheese

Eat less . . .

- Pan fried or deep-fat fried foods
- French fries, chips, crackers
- White bread, white rice, and potatoes
- High-fat dairy foods, such as whole milk, cheese, cream, and ice cream

- 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.

Maintain a healthy weight

Losing weight and keeping it off is an important part of delaying or preventing type 2 diabetes. 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 5–10% of your current body weight will improve your health.

Other resources

- Visit kp.org/healthyliving for links to Kaiser Permanente's Healthy Lifestyle programs, health and drug encyclopedias, health calculators, and discounts on health services and products (including gym memberships).
- Check your *Kaiser Permanente Healthwise Handbook*.
- Listen to the Kaiser Permanente Healthphone at 1-800-332-7563 (message #322 and 265). For TTY, call 1-800-777-9059.
- Visit your facility's Health Education Center or Department for books, videos, pedometers, classes in weight management, nutrition, and physical activity, and to learn about additional community resources.
- Contact the National Diabetes Education Program at ndep.nih.gov or call 1-800-438-5383.