



Reduce your risk of diabetes!

eat right + move more = weigh less

PREDIABETES

Do you have prediabetes? Keep reading to learn about easy ways to reduce your risk of developing diabetes...

WHAT IS IT?

If you have **prediabetes**, it means that your blood sugar is high but not high enough for you to be diagnosed with diabetes. You may have been told that you have **impaired fasting glucose (IFG)** or **impaired glucose tolerance (IGT)**; both are forms of prediabetes.

WHY SHOULD YOU CARE?

1 in 4 people with prediabetes will progress to type 2 diabetes in 3-5 years unless they make changes to their lifestyle and lose weight.

Diabetes is the leading cause of kidney disease, adult-onset blindness and non-traumatic amputation. People with diabetes are also at a higher risk of heart attack and stroke. Prevent diabetes and you prevent the complications.

The Diabetes Prevention Program (DPP)¹

This is a landmark study in people with prediabetes. It showed that lifestyle changes are the best way to reduce the risk of developing diabetes.

A combination of diet, exercise and weight loss was found to work even better than metformin, a diabetes drug.



¹NEJM 2002; 346(6)



If you have prediabetes, you may also have an increased risk of cardiovascular disease so it is important to discuss other risk factors such as blood pressure, cholesterol and smoking with your doctor.

3 Easy Steps to Start Your Own Diabetes Prevention Program

Eat right!

Move more!

Weigh less!

Reduce calories and make healthier choices

You don't have to give up all the foods you love. Check out the next page for great resources.



Get 150 minutes of exercise each week

You don't have to climb a mountain or run a marathon. Brisk walking was the most common form of exercise in the DPP.



Lose 7% of your body weight

Most people pick a bigger goal but 7% weight loss makes a huge difference. For a 200 pound person, 7% is only 14 pounds.



5 WAYS TO EAT RIGHT

- Toss a piece of fruit in your bag for a tasty snack
- Switch to whole grain pasta and bread products
- Add cooked/canned pulses (chickpeas, beans, lentils, peas) to salads, soups and stews
- Eat at least 1-2 servings of fish a week
- Enjoy a handful of nuts










5 WAYS TO MOVE MORE

- Organize a walking meeting with friends or colleagues at work
- Park further away from your destination and walk
- If you take public transit, get off 1 or 2 stops earlier and walk the rest of the way
- Take the stairs rather than the escalator or elevator
- Play a sport with your kids instead of watching television or get a dog

HEALTH DESIGN LAB'S BEST RESOURCES



"Patients seem to want two things: (1) a quick overview of what ails them and (2) somebody they trust to go through the vast amount of health information out there and pick out the best resources"
- Dr. Mike Evans

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| <p>DIABETES PREVENTION PROGRAM</p> | <p>Source: Diabetes Prevention Program Comment: Excellent information that can be printed off on how to reduce calories, become active and stay motivated</p> <p>  http://www.bsc.gwu.edu/dpp/lifestyle/dpp_part.html</p> |
| <p>EAT RIGHT!</p>  | <p>Source: Ontario Ministry of Health Promotion Comment: Eat Right Ontario is an excellent site that includes articles on diabetes prevention and recommended cookbooks. You can email or call a dietitian with your questions.</p> <p> http://www.eatrightontario.ca/Doorway.aspx</p> |
| <p>MOVE MORE!</p>  | <p>Source: Ontario Ministry of Health Promotion Comment: Active 2010 is a great site with lots of information to help you get active, including a pedometer challenge.</p> <p> http://www.active2010.ca/index.cfm?fa=english.homepage</p> <p>Source: Public Health Agency of Canada Comment: Canada's Physical Activity Guide</p> <p> http://www.phac-aspc.gc.ca/pau-uap/paguide/index.html</p> |
| <p>WEIGH LESS!</p>  | <p>Source: Heart and Stroke Foundation of Canada Comment: The healthy weight action plan is a FREE online tool that supports you with a 12 week program as you move towards achieving a healthy weight.</p> <p> http://ww2.heartandstroke.ca/hwplan.asp?media=hw_HSF2</p> |

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