PREDIABETES
THE HIDDEN DISEASE

Presentation by:
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Center for Diabetes and Nutrition
OBJECTIVES:

• To learn about symptoms, diagnosis and management of pre-diabetes

• To learn about how to prevent pre-diabetes and/or slow down progression to type 2 diabetes
Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed with type 2 diabetes.
# DIAGNOSIS OF DIABETES AND PRE-DIABETES

<table>
<thead>
<tr>
<th>Test</th>
<th>Normal</th>
<th>Pre-Diabetes</th>
<th>Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fasting Blood Sugar</td>
<td>&lt;100</td>
<td>100-125</td>
<td>126 or greater</td>
</tr>
<tr>
<td>2-hour GTT</td>
<td>&lt;140</td>
<td>140-199</td>
<td>200 or greater</td>
</tr>
<tr>
<td>Hgb A1C</td>
<td>&lt;5.7%</td>
<td>5.7-6.4%</td>
<td>6.5% or greater</td>
</tr>
</tbody>
</table>
WHAT ARE THE NUMBERS??

• 30.3 million Americans have diabetes
  -9.4% of U.S. adult population
  -in 2050- 1 out of 3 Americans

• 84.1 million U.S. adults have prediabetes
  -34 % of U.S. adults
  -48.3 % of adults age 65 years or older
  -9 out of 10 people do not know they have it

There is currently an estimated 239,043 people in Alabama living with prediabetes.
SYMPTOMS OF HIGH BLOOD SUGAR

- Unusual tiredness
- Increased thirst or hunger
- Frequent urination, especially at night
- Blurred vision
- Dry mouth and/or dry itchy skin
- Slower healing of cuts and wounds
- Numbness or tingling in hands and feet
- Frequent infections (UTI, yeast, etc.)
WHO IS AT RISK??

- Over the age of 45
- Overweight
- Have a parent of sibling with diabetes
- Ethnic background
- Had gestational diabetes when pregnant
- Have high cholesterol
- Have high blood pressure
- Inactive-exercise less than 3 times/week
Diabetes is the 7th leading cause of death in U.S.

Can cause heart disease, stroke, blindness, kidney failure and lower leg amputations.
If no life changes are made:
15 – 30% of people with diabetes will develop type 2 diabetes within 5 years
Early detection/treatment of prediabetes can...

Prevent or delay progression to diabetes and by doing so.....

Reduce health complications
WHAT CAN WE CHANGE/MODIFY?

We cannot change our family background or age.

But.........

We can reduce our weight.
We can increase our physical activity.
**DIABETES PREVENTION PROGRAM STUDY**
*(3234 PEOPLE WITH IFG/IGT)*

<table>
<thead>
<tr>
<th>Group 1</th>
<th>Group 2</th>
<th>Group 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard lifestyle modification + placebo</td>
<td>Standard lifestyle modification + Metformin</td>
<td>Intensive lifestyle modification goal: 7% weight loss and 150 minutes/week exercise (58% reduction)</td>
</tr>
<tr>
<td></td>
<td>(31 % reduction)</td>
<td></td>
</tr>
</tbody>
</table>
REDUCING PREDIABETES RISK

Weight loss can decrease BS levels
5-7% weight loss
10-15 pounds

Increasing physical activity can decrease BS levels. As little as 5-15 minutes daily has shown some benefits
WEIGHT LOSS

Reduce overall calories

Increase amount of calories burned
CUTTING CALORIES

• Limit snacks to when you are truly hungry
• Don’t eat while engaged in another activity
• Season vegetables with less fat
• Use less fat in cooking/food prep
• Don’t drink your calories
• Control portion sizes
• Select lean cuts of meat
CUTTING CALORIES WHILE DINING OUT

• Choose Jr. size sandwiches
• Skip the mayo, cheese and/or bacon
• Order a side salad or fruit cup instead of FF
• Drink water or a calorie free drink
• Choose salads with grilled chicken and low fat dressing
• Order a smaller steak
• Share an entrée or ask for a takeout box
CARBOHYDRATE BUDGET

Women: 30 - 45 grams of carb each meal
15-20 grams for snacks - optional

Men: 45 - 60 grams of carb each meal
15-30 grams for snacks - optional
<table>
<thead>
<tr>
<th>Food Groups</th>
<th>Carbohydrate grams per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread/Starch</td>
<td>15 grams</td>
</tr>
<tr>
<td>Fruit</td>
<td>15 grams</td>
</tr>
<tr>
<td>Milk</td>
<td>12-15 grams</td>
</tr>
<tr>
<td>Non Starchy Vegetables</td>
<td>5 grams</td>
</tr>
<tr>
<td>Meat</td>
<td>0 grams</td>
</tr>
<tr>
<td>Fat</td>
<td>0 grams</td>
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</table>
INCREASING PHYSICAL ACTIVITY

GOALS....

150 minutes of aerobic exercise per week

Muscle strengthening exercise twice per week
Before beginning a new regimen – check with your doctor

Look for an activity you enjoy

Make a plan - day of the week and time of day. Mark it on your calendar and check off when you did it. Have a "back up" plan.

Start slowly and add time gradually.

Warm up and cool down.
RESOURCES

• Join a CDC recognized diabetes prevention program
  www.cdc.gov/diabetes/prevention

• Free “Game Plan to Prevent type 2 Diabetes”
  1-888-693-6337 or www.YourDiabetesInfo.org

• National Diabetes Education Program
  1-800-860-8747 or www.ndep.nih.gov