

PREDIABETES THE HIDDEN DISEASE

Presentation by:

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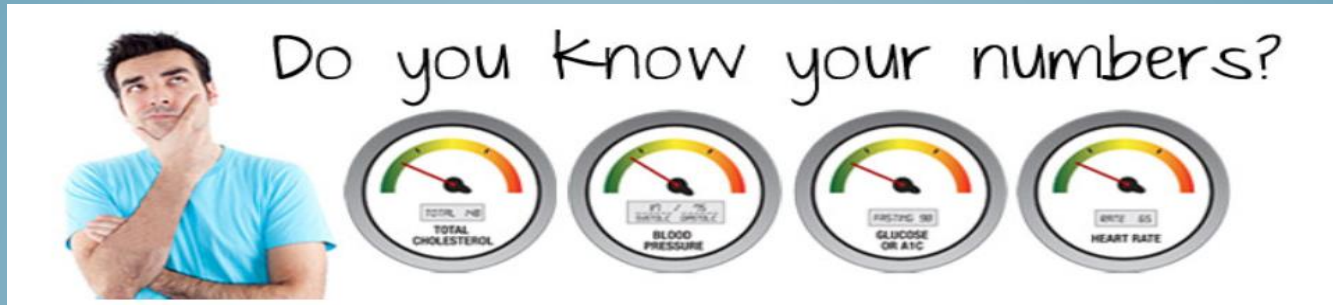
Center for WellBeing

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*

WHAT IS PRE-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

Test	Normal	Pre-Diabetes	Diabetes
Fasting Blood Sugar	<100	100-125	126 or greater
2-hour GTT	<140	140-199	200 or greater
Hgb A1C	<5.7%	5.7-6.4%	6.5% or greater

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



*Centers for Disease Control and Prevention. National Diabetes Statistics Report -2017

PREDIABETES IN ALABAMA

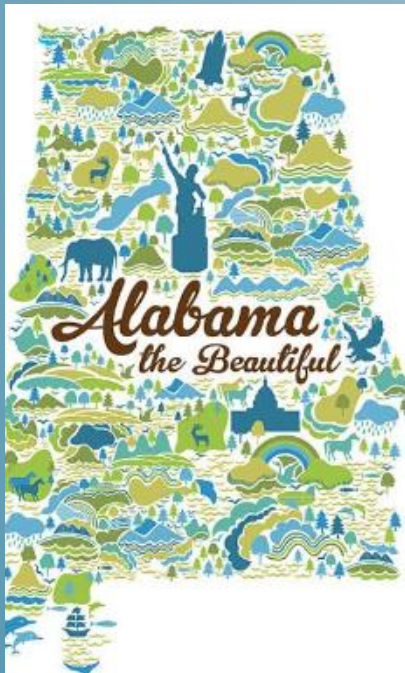
There is currently an estimated

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 or sibling with diabetes*
- *Ethnic background*
- *Had gestational diabetes when pregnant*
- *Have high cholesterol*
- *Have high blood pressure*
- *Inactive-exercise less than 3 times/week*

CONSEQUENCES

Diabetes is the 7th leading cause of death In U.S.

Can cause heart disease, stroke, blindness, kidney failure and lower leg amputations



DOING NOTHING



*If no life changes are made:
15 – 30% of people with diabetes will develop
type 2 diabetes within*

5 years

TIME FOR ACTION

*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)

<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>
Standard lifestyle modification + placebo	Standard lifestyle modification + Metformin (31 % reduction)	Intensive lifestyle modification goal: 7% weight loss and 150 minutes/week exercise (58% reduction)

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*

EXCHANGE TABLE

Food Groups	Carbohydrate grams per Serving
Bread/Starch	15 grams
Fruit	15 grams
Milk	12-15 grams
Non Starchy Vegetables	5 grams
Meat	0 grams
Fat	0 grams

INCREASING PHYSICAL ACTIVITY

GOALS....

*150 minutes of
aerobic exercise per
week*

Muscle
strengthening
exercise twice per
week



PHYSICAL ACTIVITY-GETTING STARTED

- *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