

Healthy habits

What you need to know about pre-diabetes

Name:

Patient ID:

Date:



Know the difference between pre-diabetes and diabetes

Pre-diabetes means that your blood glucose (sugar) levels are higher than normal but not high enough to have diabetes. If you have pre-diabetes, you're more likely to get diabetes within 10 years and are also more likely to have a heart attack or a stroke.

Diabetes is a serious disease that can lead to heart disease, stroke, blindness, kidney problems, nerve damage and amputation.

Chart your glucose levels

Test performed	Your result	Healthy range	What this means
<input type="checkbox"/> Fasting blood glucose		Under 100	You have pre-diabetes if your fasting blood glucose is between 100-125. You have diabetes if your fasting blood glucose is 126 or higher.
<input type="checkbox"/> Two-hour oral glucose tolerance		Under 140	You have pre-diabetes if your 2-hour oral glucose tolerance test is between 140-199. You have diabetes if your 2-hour oral glucose tolerance test is 200 or higher.

Healthy habits

Your choices can prevent or delay diabetes

Be more physically active. Aim for 30 minutes of moderate exercise 5 days a week or more. You don't have to exercise all at once – 10 minutes at a time adds up. Choose something you like to do, like walking, dancing or swimming.

Eat a healthy diet. Start by eating at least five servings of fruits and vegetables per day. Cut down on sweets, sodas and fats.

Lose weight. If you are overweight, lose 10 pounds to lower your risk of getting diabetes. Weight loss of 1 to 2 pounds a week is a healthy pace.

My action plan

Start by setting a specific and attainable goal. Based on how ready you are to change your health habits, **check one or two of the following goals in the chart below.** Give yourself a nonfood reward like a like a new book or CD when you accomplish your goal. Small changes make a big difference toward reaching your health goals.

Use the chart below to set goals and discuss them with your doctor.

If you're not yet ready to make changes in your health habits	If you're thinking about making changes in your health habits	If you're already making changes in your health habits
<ul style="list-style-type: none"> <input type="checkbox"/> Learn more about pre-diabetes by calling the National Diabetes Education Program at 1-800-860-8747 for a free booklet. <input type="checkbox"/> Imagine your life 3 to 5 years from now. Are your current behaviors consistent with your hopes for the future? <input type="checkbox"/> Read about or talk to others who have successfully made changes that led to better health. <input type="checkbox"/> Contact your health care provider when you are more ready to make changes in your health habits. <p>Other: _____</p> <p>_____</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Learn more about pre-diabetes by calling the National Diabetes Education Program at 1-800-860-8747 for a free booklet. <input type="checkbox"/> Talk with a family member or friend about becoming more physically active together. <input type="checkbox"/> Make a list of how your life will be better if you make healthy changes. Then list what you will have to give up. Do the reasons to change outweigh the reasons not to? <input type="checkbox"/> Take small steps, like walking 10 minutes one day a week or eating one more serving of vegetables a week. <p>Other: _____</p> <p>_____</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Learn more about pre-diabetes by calling the National Diabetes Education Program at 1-800-860-8747 for a free booklet. <input type="checkbox"/> Continue your exercise and slowly increase it until you do at least 30 minutes of total activity on most days. <input type="checkbox"/> Track your progress and reward yourself along the way. <input type="checkbox"/> Make a list of all of your reasons for changing. Read it often. <p>Other: _____</p> <p>_____</p> <p>_____</p> <p>_____</p>

Sources: The National Diabetes Education Program (www.ndep.nih.gov). The American Diabetes Association (www.diabetes.org). "Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults." National Heart Lung and Blood Institute. http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm. June 2007.

