

Prediabetes

Prediabetes is when your blood glucose is elevated but not high enough to be classified as diabetes. You may hear it referred to as “impaired fasting glucose,” “impaired glucose tolerance” or “borderline diabetes.”

A Prediabetes Diagnosis

The doctor will need to check your blood glucose level:

- ▶ Fasting glucose: no food or drink, except water, for at least 8 hours. Results: 100–125
- ▶ A1C: average glucose for 2–3 months. Results: 5.7–6.4
- ▶ Oral Glucose Tolerance Test (OGTT): tests glucose before and 2 hours after drinking a special sweetened drink. Results: 140–199

If you are diagnosed with prediabetes, it doesn't necessarily mean you will develop Type 2 diabetes. If you make some simple lifestyle changes, the risk of developing Type 2 diabetes is significantly decreased. Research shows that you can lower your risk for Type 2 diabetes by 58 percent by:

- ▶ Losing 7 percent of your body weight. That's 14 pounds if you weigh 200 pounds.
- ▶ Exercising moderately, such as walking briskly 30 minutes a day, five days a week.
- ▶ Losing even 10-15 pounds can return glucose levels to normal.

Prediabetes Statistics

- ▶ 79 million people, 33 percent of the adult United States population, have prediabetes.
- ▶ Only 10 percent of people with prediabetes know they have it.
- ▶ A recent study estimates that 1 out of 3 people will have diabetes by the year 2050 based on the number of people with prediabetes.

Prediabetes/Diabetes Prevention

- ▶ Make sure your glucose level is checked regularly. Ask your doctor what your number is.
- ▶ Lose 5-7 percent of your current body weight.
- ▶ Incorporate exercise into your daily routine.
- ▶ Schedule an individual appointment or group class with one of our dietitians/diabetes educators to determine a plan that is right for you.