



# ToYourHealth

WELCOA'S ONLINE GENERAL WELLNESS BULLETIN



## AM I AT RISK FOR Type 2 Diabetes & Pre-Diabetes?

An estimated 86 million Americans have pre-diabetes and are more likely to go on to develop diabetes within 10 years.

Nearly 29.1 million Americans have diabetes, a serious disease in which blood glucose (blood sugar) levels are above normal. Most people with diabetes have type 2, which used to be called adult-onset diabetes. At one time, type 2 diabetes was more common in people over age 45. But now more young people, even children, have the disease because many are overweight or obese.

Diabetes can lead to problems such as heart disease, stroke, vision loss, kidney disease, and nerve damage. One out of four people do not know they have diabetes. Many people do not find out they have diabetes until they are faced with problems such as blurry vision or heart trouble. That's why you need to know if you are at risk for diabetes.

### What is pre-diabetes?

At least 86 million Americans over age 20 have pre-diabetes. Before people develop type 2 diabetes, they usually have “pre-diabetes”—that means their blood glucose levels are higher than normal, but not yet high enough to be called diabetes. People with pre-diabetes have an increased chance of developing type 2 diabetes, heart disease, and stroke.

There are many factors that increase your risk for diabetes.

There are many factors that increase your risk for diabetes. To find out about your risk, check each item that applies to you.

- I am 45 years of age or older.
- I have a parent, brother, or sister with diabetes.

- My family background is African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander.
- I have had diabetes while I was pregnant (this is called gestational diabetes) or I gave birth to a baby weighing 9 pounds or more.
- I have been told that my glucose levels are higher than normal.
- My blood pressure is 140/90 or higher, or I have been told that I have high blood pressure.
- My cholesterol (lipid) levels are not normal. My HDL cholesterol (“good” cholesterol) is less than 35 or my triglyceride level is higher than 250.

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- I am fairly inactive. I am physically active less than three times a week.
- I have been told that I have polycystic ovary syndrome (PCOS).
- The skin around my neck or in my armpits appears dirty no matter how much I scrub it. The skin appears dark, thick and velvety.
- I have been told that I have blood vessel problems affecting my heart, brain, or legs.

## Small Steps to a Healthy Diet

A healthy diet is critical when it comes to managing and preventing type 2 diabetes. Take these small steps to eat healthy.

### A healthy eating plan is one that:

- Highlights eating fruits, vegetables, whole grains, and fat-free or low-fat milk, and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.



### Keep these healthy eating tips in mind:

- Try not to exceed the amount of calories and fat grams that you need on a daily basis.
- Try to eat meals and snacks at regular times every day.
- Make less food look like more by serving your meals on a smaller plate.
- Chew sugar-free gum between meals to help cut down on snacking.

Additionally, take your time when you eat. It takes about 20 minutes for your stomach to tell your brain that you are full. Also, try to limit your alcoholic beverage intake. If you drink alcohol, choose light beer and avoid mixed drinks.

