

Pre-Diabetes

You don't have to reduce the risk of diabetes alone. Invite others to get involved. Try teaming up with a friend or family members.

What is Prediabetes?

Blood glucose levels that are slightly elevated are known as "prediabetes" or impaired fasting glucose (IFG)/impaired glucose tolerance (IGT).

There may be no symptoms, so you may have prediabetes for several years without knowing it.

Prediabetes puts you at a higher risk of developing type 2 diabetes within 10 years. People with prediabetes also have a higher risk of heart disease.

If you have prediabetes, you can and should do something about it.

- Increased physical activity can prevent or delay diabetes and may return blood glucose levels to normal. Discuss with your provider about other options for you.
- Weight loss.
- Healthy eating changes in diet.

When should I be tested for Diabetes?

Anyone over 45 years old, or over 35 and overweight, should be tested for diabetes. If you are younger than 35 and have known risk factors for developing diabetes (e.g. family history, sedentary lifestyle, high blood pressure or high cholesterol), you should consider being tested.

If your blood glucose is higher than normal (in the range of prediabetes), have your blood glucose test repeated in 1 to 2 years.



Risk factors for developing Diabetes

- A family history (parent, brother, or sister) with diabetes.
- African American, American Indian, Asian American, Pacific Islander, or Hispanic American/Latino heritage.
- Overweight or obese.
- Prior history of diabetes during pregnancy.
- Birth of at least one baby weighing more than 9 pounds.
- Physical inactivity—exercising less than 3 times a week.
- High blood pressure measuring 140/90 or higher.
- High cholesterol.



How does Body Weight affect the likelihood of developing Diabetes?

Being overweight or obese is a leading cause of type 2 diabetes. Being overweight can keep your body from making and using insulin properly. It can also cause high blood pressure. Studies show that a healthy diet and exercise of about 30 minutes or more, 5 or more days per week, results in weight loss. Even just 3% weight loss can improve blood glucose and delay and possibly prevent type 2 diabetes.



Eat Healthy and Move More



Eat Healthy

- If you are overweight, focus on eating fewer calories or weight loss of 3-5%.
- Eat smaller portions and use a 9-inch plate.
- Eat healthy fats such as olive oil, avocados, and flax seed.
- Eat more non-starchy vegetables.
- Eat more lean skinless poultry, fish, beans, tofu, eggs, or low-fat cheeses.
- Try to eat meals at regular times.
- Take your time when you eat.
- Limit alcohol intake.
- Choose foods that are grilled or baked, not fried.
- For dessert, eat a piece of fruit or unsalted nuts.
- Drink water instead of soda, sugared drinks, or fruit juice.
- Avoid going shopping when you are hungry.
- Read and compare food labels when shopping.
- Stay away from “all-you-can-eat restaurants” or buffets.
- Close the kitchen at night — avoid snacking.



For more information on the 2023 VA/DoD Clinical Practice Guideline for the Management of Type 2 Diabetes Mellitus, visit <https://www.health.mil/Military-Health-Topics/Access-Cost-Quality-and-Safety/VADOD-CPGs> or healthquality.va.gov/healthquality/guidelines/CD/diabetes

More Resources

NOFFS: <https://www.navyfitness.org/fitness/noffs-training>
 TOTAL FORCE FITNESS: <https://www.hprc-online.org>
 CDC: <https://www.cdc.gov/physicalactivity>
 GROUP LIFESTYLE BALANCE: www.diabetesprevention.pitt.edu
 MY “HEALTHY” PLATE: www.myplate.gov
 NATIONAL INSTITUTES OF HEALTH: <https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits>

Move More

- Talk with your provider about what exercises would be safe for you.
- Make a plan to increase your regular physical activity, walk or move more each week.
- Start off by taking a 5-minute walk.
- Slowly, add more time until you reach 30 minutes, 5 days a week.
- When shopping or driving to work, park a little farther away from the entrance.
- If it is safe, get off the bus a stop or two before your work place or home and walk the rest of the way.
- While watching TV, walk or dance around the room, march in place, or do some sit-ups and leg lifts.
- Take a walk during lunch time.
- Deliver a message in person instead of sending an e-mail.
- Take the stairs instead of the elevator.
- Try using a pedometer to count the steps you take.



Keep Moving - Sample Walking Plan

Week	Warm-up	Brisk Walk	Cool down	Total minutes
1	5 min	5 min	5 min	15 min
2	5 min	7 min	5 min	17 min
3	5 min	9 min	5 min	19 min
4	5 min	11 min	5 min	21 min
5	5 min	13 min	5 min	23 min
6	5 min	15 min	5 min	25 min
7	5 min	18 min	5 min	28 min
8	5 min	20 min	5 min	30 min