

## Do you have Prediabetes?

Have you been told that your blood sugar is a little high? Have you been told to “watch your sugars”? If so, you are likely to have a condition called **prediabetes**.

**Prediabetes** means that even though your pancreas is producing insulin, you may not be making enough insulin, or your body does not use the insulin to move sugars you eat from your blood into your cells.

Why should you care? If you do not make some small changes now, you are likely to develop diabetes! The type of diabetes is called type 2 diabetes.

1. Being **overweight** is the #1 factor for developing prediabetes and diabetes. Try to decrease the amount of sugar, starchy foods (carbohydrates), and red meat you eat each day.
2. A **large waist** size increases your risk for prediabetes and diabetes. The larger the waist size, the greater your risk. Measure your waist just above your “belly button.” If you are a woman with a waist larger than 35 inches or a man with a waist size larger than 40 inches you are at risk.



3. Look at your **eating behaviors**.

- ◆◆ If you drink sweetened beverages, including sodas such as Coca-Cola® or Mountain Dew®, juices with added sugar, power/energy drinks, you are putting yourself at risk for prediabetes and diabetes. Gradually substitute carbonated water drinks with no sugar or just plain water.

- ◆◆ For your sweet tooth, substitute fruit most times instead of candy, doughnuts, cookies, and other pastries.



- ◆◆ When you eat rice or pasta, remember one serving is 1/3 cup; try to add protein, e.g. meat sauce or fish, and vegetables to fill you up.

4. Evaluate your **activity level**: Most of you are very busy but not active, meaning you are not moving your muscles and increasing your heart rate. Do any activity that makes your muscles move more to use the sugar in your blood:

- ◆◆ Take a 10 minute walk on your lunch break.
- ◆◆ Park away from the front door where you work.
- ◆◆ Take the stairs, not the elevator.
- ◆◆ Dance around your house.
- ◆◆ Walk around using your mobile phone, instead of sitting.



Talk with your Nurses of Wise Health Decisions® to help you gradually change your habits to prevent prediabetes.

**WHD Wellness Office**  
Phone # 812-378-0615

Resources:  
[www.mayoclinic.com](http://www.mayoclinic.com)  
[www.diabetes.org](http://www.diabetes.org)