



Prediabetes

Clinical Health Education

**What are your concerns about
having prediabetes?**

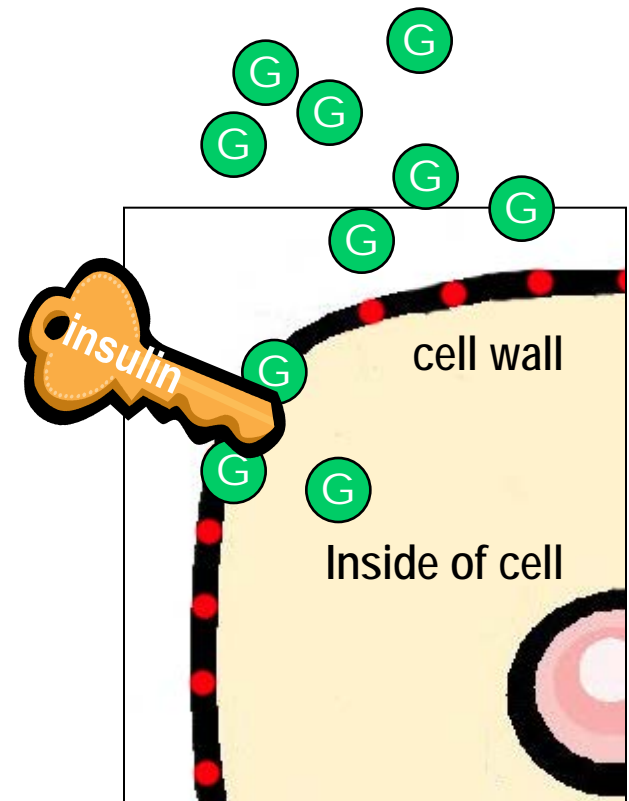
**What are you doing to
address these concerns?**

“People with prediabetes can prevent the development of type 2 diabetes by making changes in their diet and increasing their level of physical activity. They may even be able to return their blood glucose levels to the normal range.”

— American Diabetes Association

Blood Glucose

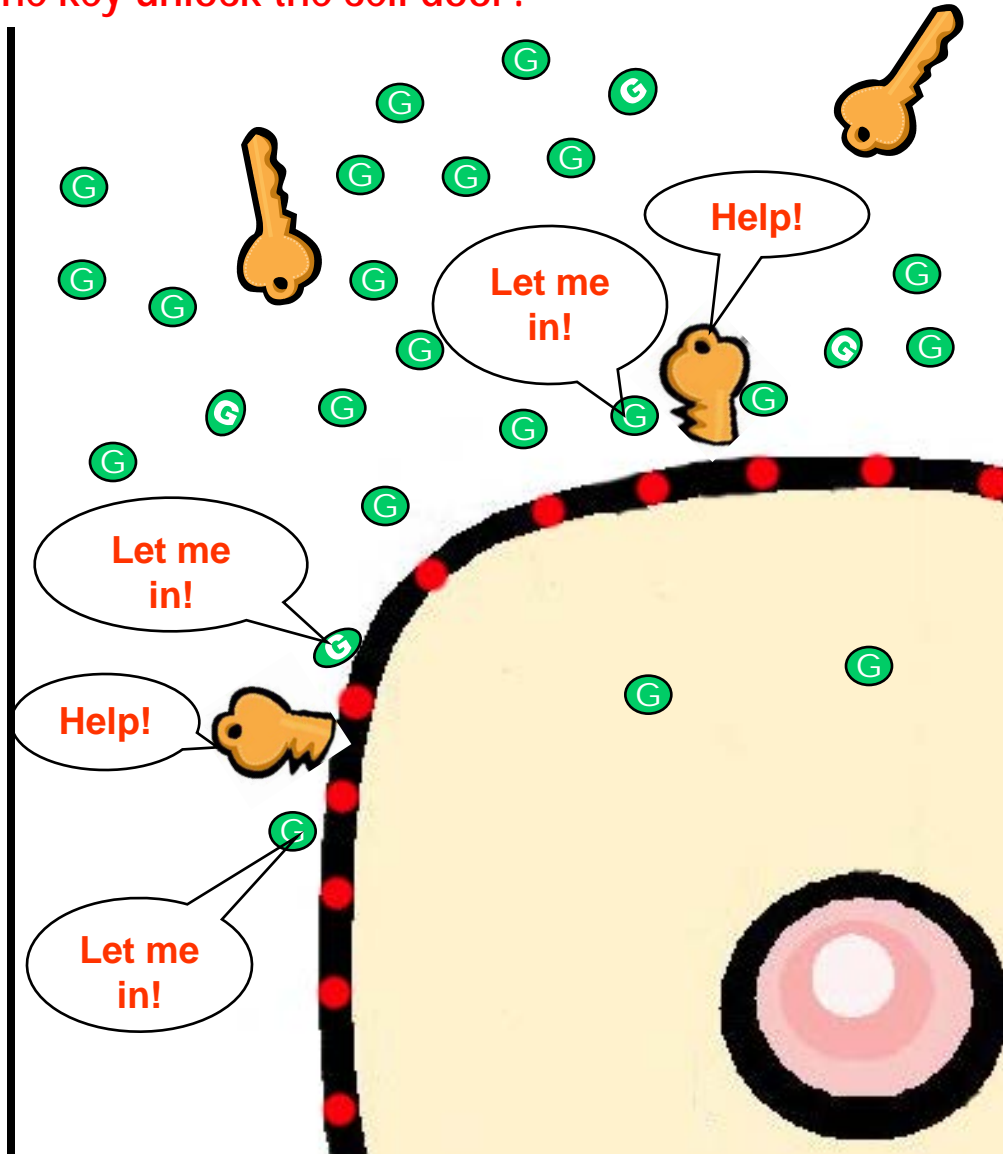
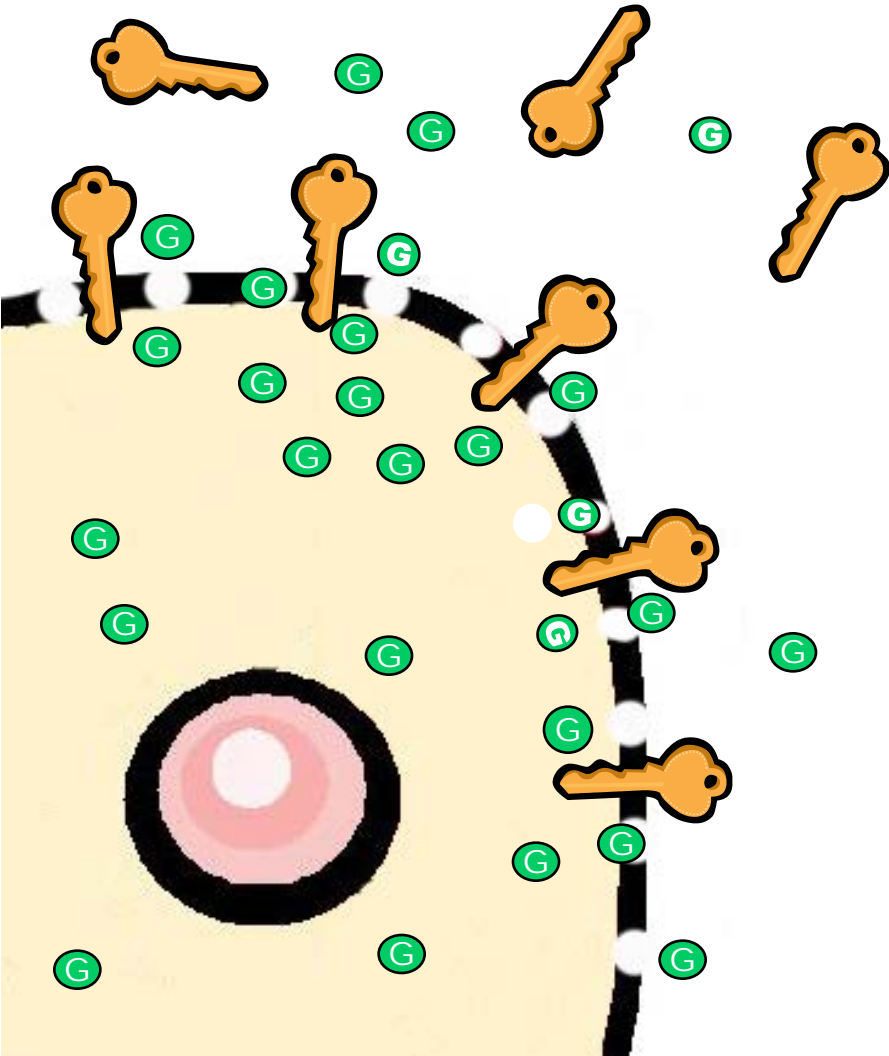
- The food you eat is broken down into glucose
- Then it enters your bloodstream
- Glucose can only enter your cells if **insulin**, produced from your pancreas, is there to help and works properly



How Insulin Functions

Lack of Insulin and Insulin Resistance

Name 3 ways to reduce insulin resistance.
What can you do to help the key unlock the cell door?



How can you reduce insulin resistance?

- **Reduce Inflammation**
 - Lose belly fat
 - Focus on unprocessed, plant-based foods
 - Exercise regularly
 - Manage stress and depression
 - Sleep well



Prediabetes Diagnosis

Fasting glucose test

Range	HgbA1C	Fasting Glucose
Normal	4.4-5.6	60-99
Prediabetes	5.7-6.4	100-125
Diabetes	6.5 and above	126 and above

***With prediabetes, check blood sugar every year.**

Possible Complications of Prediabetes

- Heart disease
- Stroke
- Type 2 diabetes including:
 - heart disease and stroke
 - kidney and eye disease
 - erectile dysfunction
 - skin infections
 - nerve damage
 - amputation

Healthy Habits

Reduce your risk for long term complications

- Manage stress and sleep well
- Focus on unprocessed, whole plant foods
- Exercise regularly
- Lose weight (5%-10% of current weight)

Special note for women

Women with prediabetes **must** control blood sugar before pregnancy and have a healthy weight. Discuss the safety of all medications and supplements with your provider. If you are not ready or don't want to become pregnant talk with your provider about effective birth control options. Plan for a healthy family!

Stress and Sleep

See *Relaxation Skills* tip sheet

- Stress promotes:
 - Increased blood sugar
 - High blood pressure and high cholesterol
 - Heart disease and weight gain
 - Depression, anxiety and more!
- Lack of sleep is a **major** stressor that increases weight gain, insulin resistance and the risk for developing diabetes.
- Studies find those who **sleep less than 6 hours per night for 1 week** have glucose levels in the prediabetes range, an increase in hunger, crave high-carbohydrate foods and have a decrease in fullness.



Eat Healthy



Eat Regularly

Eating at regular times
will help control glucose



Eat a Variety

Eat whole,
unprocessed foods
Focus on plants



Learn More

Attend nutrition classes
for information and
support

Food for Thought

What is included in a “health promoting” diet?

www.ForksOverKnives.com

(click to watch 2 minute film trailer)



Benefits of a plant-based diet

- Lower risk of death from ischemic heart disease and stroke
- Lower LDL “bad” cholesterol levels
- Lower rates of hypertension
- Lower risk of type 2 diabetes
- Lower body mass index (BMI)
- Lower overall cancer rates
- Lower risk of heart failure
- 73 percent decrease in coronary events, like a heart attack
- 70 percent decrease in the risk of dying from coronary events

Foundational foods to promote health

Mediterranean, DASH and Vegetarian Diets emphasize plants:

- Whole Grains
- Vegetables
- Fruits
- Beans
- Peas
- Lentils
- Nuts
- Seeds

“Research on a [low fat 100% plant based] diet has found that carb and calorie restrictions were not necessary and still promoted weight loss and lowered participants' A1C.”
-American Diabetes Association

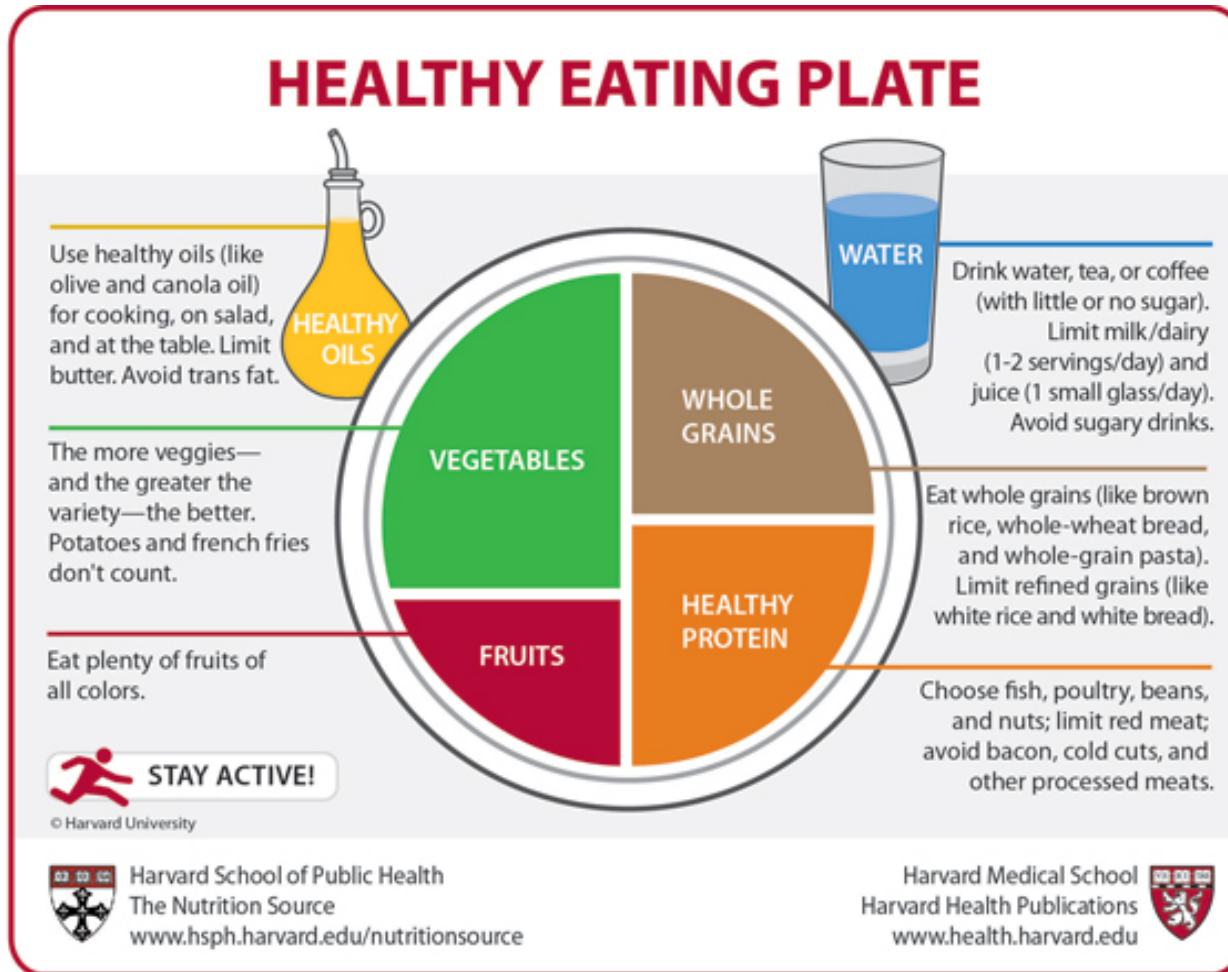
“People on the low-fat [100% plant based] diet reduced their HbA1C levels by 1.23 points, compared with 0.38 points for the people on the American Diabetes Association diet. In addition, 43% of people on the low-fat [plant based] diet were able to reduce their medication, compared with 26% of those on the American Diabetes Association diet.”

-The Permanente Journal, Spring 2013



Healthy Eating Plate Method

See *Eating Well With Diabetes and Carbohydrate Basics* and *Food for Thought* tip sheets



Plant-Based Options

Choose plant-based milk instead of cow's milk

- soy, almond, rice, oat

Choose plant-based protein at meals instead of animal proteins

- beans, peas, lentils
- nuts, seeds, nut butters
- tofu and soy foods

Discuss individual dietary needs with your provider or registered dietitian

Read Food Labels

- Start with Serving Size
- Low Fat (3g or less per serving)
- Low Sodium (2300mg or less daily)
- Fiber: 3 grams or more per serving, add slowly over 2-3 weeks
- Drink 6-8 cups of fluids per day to keep things moving (unless otherwise indicated)
- Buy whole, cracked or rolled grains
- Buy whole foods (single ingredient) or minimally processed foods (few ingredients)

Nutrition Facts

Serving Size 1 bar (40g)

Servings Per Container 5

Amount Per Serving

Calories 140

Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1.5g **9%**

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1.5g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 29g **10%**

Dietary Fiber 9g **35%**

Sugars 10g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

INGREDIENTS: CHICORY ROOT EXTRACT, CHOCOLATE CHIPS WITH CONFECTIONERS SHELLAC (CHOCOLATE CHIPS [SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, MILK FAT, SOY LECITHIN], ETHANOL, SHELLAC, HYDROGENATED COCONUT OIL), ROLLED OATS, CRISP RICE (RICE FLOUR, SUGAR, MALT, SALT), BARLEY FLAKES, HIGH MALTOSE CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SUGAR, CANOLA OIL, HONEY, GLYCERIN, MALTODEXTRIN, PALM KERNEL OIL, TRICALCIUM PHOSPHATE, SOY LECITHIN, SALT, NONFAT MILK, PEANUT OIL, COCOA PROCESSED WITH ALKALI, NATURAL FLAVOR, BAKING SODA, COLOR ADDED, ALMOND FLOUR, PEANUT FLOUR, SUNFLOWER MEAL, WHEAT FLOUR, MIXED TOCOPHEROLS ADDED TO RETAIN FRESHNESS. CONTAINS SOY, MILK, ALMOND, PEANUT, SUNFLOWER AND WHEAT INGREDIENTS.

Nutrition Classes

Sign up today!



- **Serving Up Health:** Introduction to nutrition, dining out, portion distortion
- **Diabetes Nutrition**
- **Plant-Based Nutrition:** Plant-based menus and recipes
 - While avoiding meat entirely is not for everyone, eating a diet with few or no animal products and lots of plant foods has long been associated with lower rates of disease.

What are the benefits of regular exercise?

“If exercise could be packed into a pill, it would be the single most widely prescribed and beneficial medicine in the nation.”

—Robert Butler, M.D. International Longevity Center



The Benefits of Regular Exercise

- Raises HDL, reduces LDL and triglycerides
- Helps lose or maintain weight
- Lowers blood pressure, blood sugar
- Strengthens heart, lungs, bones
- Improves flexibility, balance, posture
- Raises metabolism and energy level
- Improves memory and brain function
- Tones muscles
- Boosts self-esteem
- Boosts immune system
- Reduces emotional stress
- Improves blood circulation
- Reduces depression and anxiety
- Helps regulate hormones, sleep cycle
- Enhances sense of well-being

Reduced risk for Alzheimer's disease, cancers, dementia, depression, diabetes, heart attack, heart disease, high blood pressure and osteoporosis

Get F.I.T.T.

Frequency	Intensity	Time, Type
<ul style="list-style-type: none">■ Most days a week■ Try not to skip more than two days in a row	<ul style="list-style-type: none">■ Are you able to talk?■ Can you sing?■ Can you whistle while you work?	<ul style="list-style-type: none">■ 20 minutes everyday or 30 minutes 5 days■ Cardiovascular, strength, flexibility■ <i>Which exercise is best for you?</i>

A healthy weight is

- Achievable
- Maintainable
- Different for everyone
- Involves our emotions
- Results from long-term healthy habits
- Easier with guidance and support!



Motivation for Change

- How does motivation affect prediabetes?
- How can we become motivated?
 - Action creates motivation
- If you feel resistant to making changes, it's normal.
 - Resistance to change is universal. Don't let it stop you.
 - Make the changes anyway and show resistance who's boss.



“Resistance is not out to get you personally. It doesn't know who you are and doesn't care. Resistance is a force of nature. It stunts us and makes us less than we are and were born to be.”

Steven Pressfield, *The War of Art*

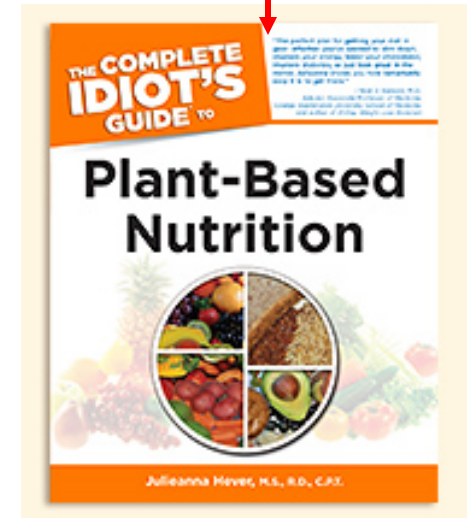
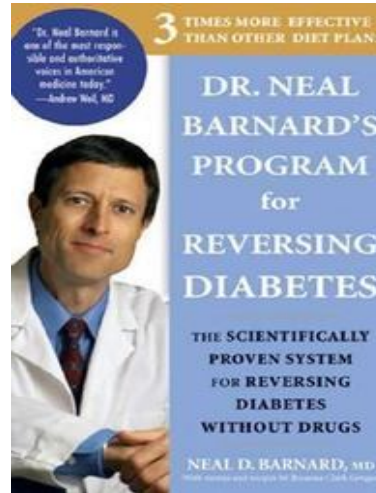
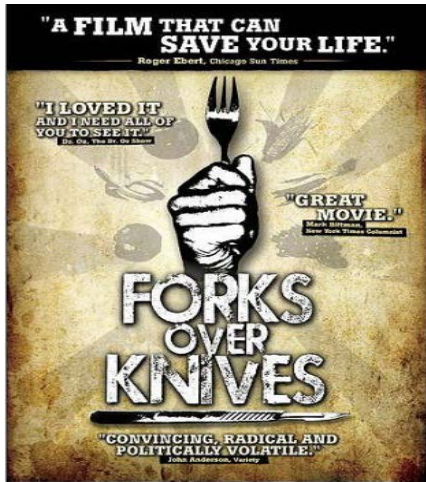
My SMART Plan

Telephone Wellness Coaching 1-866-251-4514

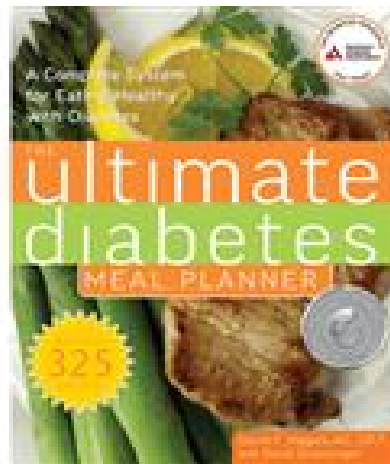
- **S**et a Behavioral Goal
 - Observable, measurable, short-term, achievable, challenging
- **M**onitor Your Progress
 - Tracking behavior changes behavior
- **A**rrange Your World for Success (home or work place)
 - List 3 ways to make the healthy choice easier
- **R**ecruit Support
 - Ask for the support you need
- **T**reat Yourself
 - Behavior that is rewarded is repeated

Resources: Film and Books

Currently for sale in Kaiser Health Promotion Centers \$15



Currently for sale in Kaiser Health Promotion Centers \$20



Currently for sale in Kaiser Pharmacy Centers \$6.95

