

Pre-Diabetes

Target Audience: People with pre-diabetes and those at risk for developing pre-diabetes

Objectives: Participants will:
Understand how pre-diabetes is diagnosed
Understand the risk factors for developing pre-diabetes
Understand lifestyle choices that can minimize developing pre-diabetes

Time Required: Approximately 20-30 minutes

Props:

2 easels, one labeled “Fun Ways to Move More” and another labeled “Ideas for Getting More Fruits and vegetables.”

Handouts:

“Pre-diabetes: What is it? Am I at Risk? How can I Prevent it?”
“It’s Never too Early To Prevent Diabetes”

Lesson Plan

Pre-diabetes is an official term that means blood sugar levels are high but are not high enough to be diagnosed with diabetes.

A person with pre-diabetes may have no symptoms. Damage to the major organs can occur even with no symptoms, so it is important to be tested for pre-diabetes if you are at risk. This test is important because pre-diabetes is a risk factor for developing diabetes and cardiovascular disease.

Distribute handouts “Pre-diabetes: What is it? Am I at Risk? How can I Prevent it?” and “It’s Never too Early To Prevent Diabetes”

How to prevent or delay pre-diabetes

If you weigh too much, lose at least 5 to 7 percent (10 to 14 pounds if you weigh 200 pounds) of your body weight slowly, over time, and keep it off.

Become more active. It is recommended that persons get at least 30 minutes of physical activity a day 5 days per week.

Make healthy food choices. Avoid items with concentrated sugar, such as candy bars and soft drinks.

Include fruits and vegetables in your diet. Eat at least 5 fruits and vegetables every day.

If you are diagnosed with pre-diabetes, follow your doctor's orders.

Activity

Ask participants to share ideas about moving more and eating more fruits and vegetables. Invite them to share recipes, ways to get some exercise at work, or perhaps having a "buddy system" or someone to exercise with.