

Pre-diabetes: Do I Have It?

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...

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 under the following conditions:

☑ if you are overweight or obese and you have one or more of the following risk factors:

Obesity

Physical inactivity

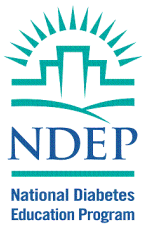
First-degree relative* with diabetes

Women who delivered a baby weighing more than 9 pounds

Women with a history of gestational diabetes

Women with polycystic ovarian syndrome

Members of certain ethnic groups (African Americans, Latinos, Native Americans, Asian Americans, and Pacific Islanders)



High blood pressure
High cholesterol levels
History of cardiovascular disease

This is important because pre-diabetes is a risk factor for developing diabetes and cardiovascular disease.

How to prevent or delay pre-diabetes

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.

National Diabetes Education materials

www.yourdiabetesinfo.org

www.ndep.nih.gov

Diabetes Prevention Program Fact sheet http://www.ndep.nih.gov//media/DPP_FactSheet.pdf

Take 5 Small Steps to Prevent Diabetes http://www.ndep.nih.gov//media/Small_5steps.pdf

It's Not Too Late to Prevent Diabetes: Tips to help older adults at risk for type 2 diabetes move more and eat less and lower their risk for diabetes.

http://www.ndep.nih.gov/media/nottoolate_tips.pdf

A Step in the Right Direction: Lose Weight & Lower Your Risk for Type 2 Diabetes

<http://www.ndep.nih.gov//media/lose-weight-lower-your-risk.pdf>

Diabetes Prevention: Why We Can't Wait

http://www.ndep.nih.gov//media/Frenchy_Op-ed_11.05.pdf

Diabetes Risk Factors: Do You Know Yours?

http://www.ndep.nih.gov//media/diabetes_risk_know_yours.pdf

Let's Prevent type 2 Diabetes: Step by Step

http://www.ndep.nih.gov//media/Malozowski_Op-Ed.pdf

Let's Prevent type 2 Diabetes: Step by Step http://www.ndep.nih.gov//media/Jose_Op-Ed.pdf

Living a Healthier Life Can Prevent Diabetes

http://www.ndep.nih.gov//media/Dr_Gavin_Op-Ed_Its_Not_Too_Late.pdf

Lose Weight and Lower Your Risk for Type 2 Diabetes

http://www.ndep.nih.gov//media/Lose_Weight_Feature_Article.pdf

It's Not Too Late to Prevent Diabetes: Take Your First Step Today

http://www.ndep.nih.gov//media/Its_Not_Too_Late_Feature.pdf

More Than 50 Ways to Prevent Diabetes

http://www.ndep.nih.gov//media/50_Ways_Op-Ed_11.05.pdf

Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes: (NDEP60)

http://www.ndep.nih.gov/media/GP_Booklet.pdf

GAME PLAN Fat and Calorie Counter http://www.ndep.nih.gov/media/GP_FatCal.pdf

GAME PLAN Food and Activity Tracker

http://www.ndep.nih.gov/media/GP_FoodActTracker.pdf

Get Real! You Don't Have to Knock Yourself Out to Prevent Diabetes

http://www.ndep.nih.gov/media/getreal_tips.pdf

Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes Health Care

Provider Toolkit http://www.ndep.nih.gov/media/GP_Toolkit.pdf

Prevent type 2 Diabetes. Step by Step. (Prevenemos la diabetes tipo 2. Paso a Paso)

http://www.ndep.nih.gov/media/Paso_tips.pdf

Más que comida, es vida. (It's more than food. It's Life.) English poster

http://www.ndep.nih.gov/media/MQC_eng_poster_4C.pdf

Más que comida, es vida. (It's more than food. It's Life.) Spanish Poster

http://www.ndep.nih.gov/media/MQC_sp_poster_4C.pdf

Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention This curriculum can be used by small groups to learn how to make healthy lifestyle changes around food and physical activity to prevent and manage diabetes. <http://www.ndep.nih.gov/media/power-to-prevent.pdf>

We Have the Power to Prevent Diabetes

http://www.ndep.nih.gov/media/Power_tips.pdf

It's Never Too Early to Prevent Diabetes. A Lifetime of Small Steps for a Healthy Family.*

http://www.ndep.nih.gov/media/NeverTooEarly_Tipsheet.pdf

More than 50 Ways to Prevent Diabetes http://www.ndep.nih.gov/media/50Ways_tips.pdf

More than 50 Ways to Prevent Diabetes Print PSA

http://www.ndep.nih.gov/media/50Ways_ads.pdf

Step by step: Moving towards prevention of Type 2 Diabetes This music CD helps African Americans incorporate more physical activity into their lives. <http://www.ndep.nih.gov>

Movimiento Por Su Vida This lively music CD helps Hispanics and Latinos incorporate more movement into their lives <http://www.ndep.nih.gov>

Tips for Kids: How to Lower Your Risk for Type 2 Diabetes

<http://www.ndep.nih.gov/media/kids-tips-lower-risk.pdf>

Tips for Teens: Lower Your Risk for Type 2 Diabetes

http://www.ndep.nih.gov/media/YouthTips_LowerRisk_Eng.pdf

American Indians & Alaska Natives: You Have the Power to Prevent Diabetes; The

Research Says So! <http://www.ndep.nih.gov/media/aian-the-research-says-so.pdf>

Move It! And Reduce Your Risk of Diabetes School Kit

http://www.ndep.nih.gov/media/moveit_school_kit.pdf

Move It! And Reduce Risk of Diabetes Poster 1

<http://www.ndep.nih.gov/media/moveit-poster-1.pdf>

Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs (in English) Also

available in these languages: Cambodian, Chamorro, Chinese, Chuukese, Gujarati, Hindi, Hmong, Japanese, Korean, Laotian, Samoan, Tagalog, Thai, Tongan, Vietnamese

http://www.ndep.nih.gov/media/tworeasons_tips_eng.pdf

Get Real! You Don't Have to Knock Yourself Out to Prevent Diabetes

http://www.ndep.nih.gov/media/getreal_tips.pdf

A Step in the Right Direction: Lose Weight & Lower Your Risk for Type 2 Diabetes

<http://www.ndep.nih.gov//media/lose-weight-lower-your-risk.pdf>

Diabetes Prevention: The Tie That Binds Our Future and Theirs

http://www.ndep.nih.gov//media/Domingo_Op-ed_11.05.pdf

It's Not Too Late to Prevent Diabetes. Take Your First Step Today.

http://www.ndep.nih.gov//media/Kitching_Op-Ed_Its_Not_Too_Late.pdf

Leading by Example: A Father Shows His Family How to Prevent type 2 Diabetes

http://www.ndep.nih.gov//media/Fathers_Day_06_Risco.pdf

Leading by Example: This Grandfather Shows It's Not Too Late to Prevent Diabetes

http://www.ndep.nih.gov//media/Fathers_Day_06_Kitching.pdf

Road to Health Toolkit User's Guide

<http://www.ndep.nih.gov/media/road-to-health-toolkit-users-guide.pdf>

Road to Health Toolkit Activities Guide

<http://www.ndep.nih.gov/media/road-to-health-toolkit-activities-guide.pdf>

Road to Health Toolkit Resources Guide

<http://www.ndep.nih.gov/media/road-to-health-toolkit-resources-guide.pdf>

Road to Health Toolkit Flipchart

<http://www.ndep.nih.gov/media/road-to-health-toolkit-flipchart.pdf>