

PRE-diabetes are you at risk?



***If, after an overnight fast
(nothing but water for 8-12 hours),
your blood sugar is....***

- ➔ **Between 60 and 99, you are in the normal range.**
- ➔ **Between 100 and 125, you have PRE-diabetes.**
- ➔ **At 126 or higher, you may have diabetes.**

**Even if you have pre-diabetes, you
can prevent or delay diabetes!**



Alaska Department of Health and Social Services
E-Mail: diabetes@health.state.ak.us
www.hss.state.ak.us/dph/chronic/diabetes/default.htm

Take the risk test: (Check each one that applies)

- Do you have a parent, brother or sister with diabetes?
- Are you Alaska Native, American Indian, African-American, Hispanic, Asian or Pacific Islander?
- Are you overweight?
- Do you get too little physical activity?
- Do you have high blood pressure?
- Do you have high cholesterol?
- Did you have a baby that weighed 9 pounds or more at birth?

**If you checked more than one,
ACT NOW!**

Go to <http://www.diabetes.org/pre-diabetes.jsp> for more prediabetes and diabetes information

Take action now – it's worth it!

Ask your doctor, nurse or community health aide if you have pre-diabetes (or diabetes)

To reduce your pre-diabetes and diabetes risk:

EAT HEALTHY

EAT MORE

- Whole fruits: 1½ - 2 cups a day
- Vegetables: 2½ - 3 cups a day
- Whole grain foods
- Drink water
- Eat every 4-5 hours

EAT LESS

- Candy, cookies, cake, pie, ice cream & other sweets
- Chips, french fries & other salty, fatty foods
- Soda or sweetened juices
- Second helpings

GET ENOUGH SLEEP...

- Most people need 7 to 9 hours
- See your doctor if you have trouble sleeping

MAINTAIN A HEALTHY WEIGHT...

- If you are overweight, a 5-15 lb weight loss can help
- Increase physical activity

QUIT SMOKING...

- Keep on quitting until you are smoke-free
- Increase physical activity
- Call the Alaska Tobacco Quit Line **1 888 842 QUIT.**
It's free!

TREAT HIGH CHOLESTEROL...

- Take your medication every day, if prescribed
- Choose healthy fats
- Increase physical activity

MANAGE STRESS...

- Eliminate unnecessary stress
- Be more active to feel better
- Find ways to relax
- Talk to your doctor or a counselor

TREAT HIGH BLOOD PRESSURE...

- Take your medication every day, if prescribed
- Limit salt (sodium) intake
- Increase physical activity



INCREASE PHYSICAL ACTIVITY TO AT LEAST 150 MINUTES EVERY WEEK

- Start slow and increase activity every day
- Work up to 30-60 minutes, 5 days a week
- Cleaning and yard work count!
- The more you move, the better you'll be

Keep your habits healthy!

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