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# Prediabetes

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## What is Prediabetes?

Prediabetes is a condition where the level of glucose (sugar) in your blood is above normal. If you have prediabetes, you are at risk for type 2 diabetes. Type 2 diabetes is when the level of glucose in the blood reaches a certain high level. With prediabetes, it has not reached that point yet, but it is still higher than normal.

## Diagnosing Prediabetes

Diagnosis	Fasting Glucose Test	Glucose Tolerance Test	Hemoglobin A1C
Diabetes	126 mg/dl or higher on two tests	200 mg/dl or higher with symptoms	6.5% or higher
<b>Prediabetes</b>	100 – 125 mg/dl	140 – 199 mg/dl	5.7 – 6.4%
Normal	Less than 100 mg/dl	Less than 140 mg/dl	Less than 5.7%

## Factors that increase risk for prediabetes and diabetes:

- A family history of type 2 diabetes
- Being overweight or obese
- Being age 45 or older
- Not being physically active
- Being African American, American Indian, Asian American, Hispanic, or Pacific Islander
- Having high blood fats (triglycerides and cholesterol levels)
- Having high blood pressure, greater than 130/80
- Agent Orange Exposure

## Healthy Lifestyle Changes

Prediabetes can develop into diabetes if left untreated. Diabetes is a serious health condition. It is important to make lifestyle changes to lower your blood glucose, improve your health, and prevent diabetes.

### Increase your physical activity

- Regular exercise can have the following effects on the body:
  - Makes it easier for the body's cells to use blood glucose for energy and can decrease blood glucose levels.
  - Lowers blood pressure and cholesterol levels.
  - Promotes a healthy weight.
- You should get at least 30 minutes of exercise 5 days a week.
- Talk to your health care provider about activities that are safe for you.

### Achieve and maintain a healthy weight

- If you are overweight or obese, aim to lose at least 5-10% of your current weight. Even a small amount of weight loss can help prevent or delay diabetes.
- Work with your Registered Dietitian Nutritionist to make a plan to eat well and be more active.

### Eat a healthy diet

- When putting together a meal plan, include a variety of the following foods:
  - Grains – whole-grain pasta, breads and cereals, and brown rice
  - Vegetables – eat more non-starchy vegetables (ex. spinach, broccoli, peppers, tomatoes) than starchy vegetables (ex. potatoes, peas, corn)
  - Protein – lean meat, chicken, fish, lentils, beans, tofu
  - Dairy – low-fat or fat-free yogurt and milk
  - Fats – olive oil, walnuts, avocado
- Limit sugar-sweetened beverages such as fruit juices, sodas, sports drinks, and energy drinks.
- Roast, broil, grill, steam, or bake instead of deep-frying or pan-frying.
- If you are trying to lose weight, cut back on calories by eating small portions.

### Improve your habits

- Limit alcoholic drinks (12 oz lite beer, 5 oz wine, or 1.5 oz hard liquor) to 1 drink per day for women or 2 drinks per day for men. Discuss the use of alcoholic drinks with your doctor.
- Quit smoking. Ask your healthcare provider about VA Smoking Cessation Programs.