Prediabetes and Preventing Type 2 Diabetes

What is Prediabetes?

Pre-diabetes means your blood glucose (also known as blood sugar) levels are higher than normal, but not high enough to be called diabetes.

Common tests to evaluate for prediabetes are:

- **Fasting Blood Glucose**: A blood test done first thing in the morning before you eat or drink anything.
- **Hemoglobin A1c (HbA1c)**: A blood test done in the lab that will give your average blood sugar over the last 3 months.

The reference table below shows the test results for normal, pre-diabetes, and diabetes:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Fasting Glucose (mg/dL):</th>
<th>A1c (Percent):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 99</td>
<td>5.6 or less</td>
</tr>
<tr>
<td>Pre-diabetes</td>
<td>Between 100-125</td>
<td>Between 5.7-6.4</td>
</tr>
<tr>
<td>Diabetes</td>
<td>Over 126</td>
<td>6.5 or over</td>
</tr>
</tbody>
</table>

Why is prediabetes a problem?

Without taking steps to treat it, individuals with prediabetes face an increased risk of developing type 2 diabetes and heart disease.

What can I do to decrease my risk of developing diabetes?

**Lose weight**

Studies show that that best way to decrease the risk of progressing from...
prediabetes to type 2 diabetes is by achieving modest weight loss. Losing at least 5% of your body weight can significantly reduce the risk of developing type 2 diabetes.

- For example: a person who weighs 200 pounds can greatly improve their health by losing 10 pounds.
- A 5% weight loss for other weights is shown in the table below.
- You can also calculate your own weight loss by multiplying your weight by 0.05.

<table>
<thead>
<tr>
<th>Current weight (lbs)</th>
<th>5% weight loss (lbs):</th>
</tr>
</thead>
<tbody>
<tr>
<td>180</td>
<td>9</td>
</tr>
<tr>
<td>210</td>
<td>10.5</td>
</tr>
<tr>
<td>240</td>
<td>12</td>
</tr>
<tr>
<td>270</td>
<td>13.5</td>
</tr>
<tr>
<td>300</td>
<td>15</td>
</tr>
</tbody>
</table>

**Diabetes Prevention Programs (DPPs)**

DPPs are lifestyle change programs that help people with prediabetes achieve modest weight loss through diet and physical activity changes. The program has about 24 1-hour sessions delivered over 12 months. You can ask your doctor for a referral to a DPP or visit [https://readysetprevent.org/](https://readysetprevent.org/) to find out more information about local programs offered by the National Kidney Foundation of Michigan.

**What are some healthy eating tips?**

- Avoid drinks with a lot of sugar, like soda, sweet tea, gatorage, and juice.
- Limit portion sizes of carbohydrates like bread, cereal, pasta, rice, baked goods, and packaged snacks like crackers and granola bars.
- When eating carbohydrates, choose options that are high in fiber like non-starchy vegetables, beans, and whole grains like quinoa.
• Incorporate protein sources like eggs, fish, chicken, meat, tofu, or tempeh into your meals.
• Include moderate amounts of healthy fats like extra virgin olive oil, nuts, nut butters, seeds, and avocado.
• Focus on eating when you're hungry, and stopping when you're full.

Where can I learn more?
• Diabetes Prevention Center (Kidney Foundation of Michigan):
  https://readysetprevent.org/
• National Diabetes Prevention Program (CDC):
  https://www.cdc.gov/diabetes/prevention
• MyPlate (USDA): http://www.myplate.gov
• For healthy recipe ideas, visit the Diabetes Food Hub (American Diabetes Association) http://diabetesfoodhub.org

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