

Pre-Diabetes

You don't have a red checkmark of diabetes alone. In the orange in the red. Treating people with a friend or family member.

What is Pre-Diabetes?

Borderline high blood sugar (IFG) or impaired glucose tolerance (IGT).
Impaired fasting glucose (IFG) is defined as a fasting blood glucose level between 100 and 125 mg/dL. Impaired glucose tolerance (IGT) is defined as a 2-hour blood glucose level between 140 and 199 mg/dL during an oral glucose tolerance test (OGTT).
Pre-diabetes is a condition where blood sugar levels are higher than normal but not high enough to be classified as diabetes. It is a warning sign that you may develop diabetes in the future.
Lifestyle changes, such as diet and exercise, can help prevent or delay the onset of diabetes.
Diabetes is a chronic condition that can lead to serious complications if not managed properly.
High blood sugar levels can damage your eyes, kidneys, and nerves.

When should I be tested for Diabetes?

Adults aged 45 and older should be tested for diabetes. If you are younger than 45, you should be tested if you have risk factors for diabetes, such as obesity, a family history of diabetes, or a history of gestational diabetes.
If you have symptoms of diabetes, such as increased thirst, frequent urination, or unexplained weight loss, you should be tested for diabetes.
If you have a family history of diabetes, you should be tested for diabetes.
If you are pregnant, you should be tested for gestational diabetes.

Risk factors for developing Diabetes

A family history of diabetes (type 1, type 2, or gestational).
African American, American Indian, Asian American, Pacific Islander, Hispanic American / Latino.
Obesity.
Physical inactivity.
Being overweight (BMI ≥ 30).
Pregnancy with gestational diabetes (3.9% of women).
High blood pressure (140/90 mmHg or higher).
High cholesterol.

How does Body Weight affect the likelihood of developing Diabetes?

Being overweight increases the risk of developing diabetes. For every 100 pounds of excess weight, the risk of developing diabetes increases by 3%.
Being obese (BMI ≥ 30) increases the risk of developing diabetes by 5%.
Eating a diet high in calories and fat increases the risk of developing diabetes by 2%.

Eat Healthy and Move More



Eat Healthy

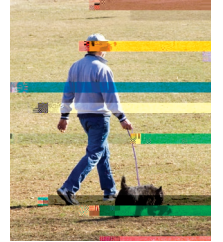
Limit saturated fat to less than 10% of total calories. Limit sodium to less than 2,300 milligrams per day. Limit added sugars to less than 10% of total calories. Eat a variety of fruits and vegetables. Eat whole grains. Drink water.



For more information, visit <https://www.militaryonesource.com>.
 For more information, visit <https://www.militaryonesource.com>.
 For more information, visit <https://www.militaryonesource.com>.

Move More

Move more every day. Aim for at least 150 minutes of moderate-intensity aerobic activity each week. Break it up into 10-minute sessions. Increase your activity level over time. Use stairs instead of elevators. Walk or bike to work. Take short walks during breaks. Stand and stretch frequently. Use a pedometer to track your steps. Aim for at least 10,000 steps per day.



Keep Moving - Sample Walking Plan

More Resources

NOFF: <https://www.militaryonesource.com>
 OALFOCEFINE: <https://www.militaryonesource.com>
 CDC: <https://www.cdc.gov>
 GOPLIFE: <https://www.militaryonesource.com>
 MHEALTHPLAN: <https://www.militaryonesource.com>
 NATIONALINSTITUTE OF HEALTH: <https://www.nih.gov>