



Reducing Your Risk for Diabetes: A Resource Guide¹

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The number of people with diabetes is rising at an alarming rate in the U.S., as it is worldwide. Persons with “pre-diabetes” have elevated blood glucose (sugar), but their levels are not high enough for a diagnosis of diabetes. Having pre-diabetes increases your risk for developing diabetes.

Blood Glucose Values	
Normal:	Less than 100 mg/dl*
Pre-diabetes:	100 to 125 mg/dl
Diabetes:	126 mg/dl or higher
*mg/dl = milligrams of glucose per deciliter (100 milliliters) of blood	

All adults should have their blood glucose checked on a regular basis. This will allow people diagnosed with diabetes to begin treatment early. The key to preventing or forestalling the severe health complications of this disease is early diagnosis and treatment!

Research has shown that people with pre-diabetes can **significantly** reduce their risk of getting diabetes through lifestyle changes. Eating a healthful diet and being physically active are the keys to a healthier lifestyle. These changes can help people with pre-diabetes lose weight. For a 200-pound person, losing as little as 10 pounds (five percent of body weight) significantly reduces risk for diabetes.

Many free resources are available to help people of all backgrounds lead healthier lives and reduce their risk for diabetes. Here are a number of resources to choose from to help you and your family members begin taking steps to improve your health.

National Diabetes Education Program

The following materials from the National Diabetes Education Program (NDEP) are available at 1-800-438-5383, or from their Web site: <http://www.ndep.nih.gov>.

Diabetes Prevention Tip Sheets

The NDEP has developed seven tip sheets to help people of all ages prevent diabetes. One tip sheet (Two Reasons I Find Time to Prevent Diabetes: My

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Future and Theirs) is available in English and 15 languages targeted to Asian and Pacific Islanders.

Lower Your Risk for Type 2 Diabetes

This tip sheet encourages young people to take steps to lower their risk for type 2 diabetes. It includes tips to help children and teens reach a healthy weight, lead an active lifestyle, and make healthy food choices.

Small Steps, Big Rewards

This is a consumer education program developed by the NDEP. It includes tip sheets, MP3 audio files for 12 public service announcements, and other consumer education materials. Check with your local Extension office to see if they are offering this program. You can download consumer materials from their Web site.

Move It! And Reduce Your Risk for Diabetes

This award-winning educational program from NDEP focuses on physical activity and is targeted to American Indian youth. Materials can be downloaded at their Web site.

Movimiento Por Su Vida

Play this music CD and reduce your risk for diabetes while moving to a Latin beat. You can order one free copy from the NDEP.

Other Resources

MyPyramid

MyPyramid is a new food guide introduced by the USDA in 2005. The Web site offers a wealth of information about healthy eating, which, along with physical activity, is a cornerstone of diabetes prevention. Visit <http://mypyramid.gov> and design an eating plan that's right for you.

How to Prevent or Delay Diabetes

This is a section on the American Diabetes Association Web site. It offers a number of downloadable fact sheets related to nutrition and physical activity. Go to:
<http://www.diabetes.org/diabetes-basics/prevention/>.

Diabetes and Me

The Centers for Disease Control and Prevention (CDC) Web site offers detailed information about pre-diabetes as well as a variety of materials and links to other resources. Go to:
<http://www.cdc.gov/diabetes/consumer/prevent.htm>.

ClubPed

If you are looking for a Web-based walking program, look no further. ClubPed is offered by the American Diabetes Association to help you begin and maintain a walking program that fits your lifestyle. Visit:
<http://www.diabetes.org/food-and-fitness/fitness/club-ped.html>.

Solutions for Your Life

This is the University of Florida IFAS Extension Web site. For information on nutrition, healthy lifestyles, diabetes, and other health issues, begin your search in the Health & Nutrition section:
http://solutionsforyourlife.ufl.edu/families_and_consumers/index.html.

ADA Bookstore

For additional resources, you can check out the American Diabetes Association online bookstore. It offers a variety of books and gift items for consumers and professionals:
http://store.diabetes.org/?WTLPromo=prev_bookstore&vms=213264860505.

Tools to Manage and Prevent Diabetes

The National Association of School Nurses has compiled a variety of resources related to preventing diabetes in children and youth. They include links to many programs and resources. Visit:
<http://www.nasn.org/Default.aspx?tabid=324>.