



Action Plan for Preventing Diabetes

If you've been told that you have pre-diabetes, you are at risk for developing type 2 diabetes. Pre-diabetes is a condition in which your blood glucose levels are higher than normal but not high enough to be called diabetes. Pre-diabetes is defined in two ways: a fasting blood glucose of greater than 100, or a glucose of greater than 140 two hours after an oral glucose tolerance test. The good news is that you can lower your risk of getting diabetes by making some changes in your food choices, your physical activity, and your weight.

Here are ways to get started. Talk with your healthcare provider and choose one or two steps to work on right now. Then, when you feel ready, choose one or two more.

General Steps

- ▣▣▣▣ Know your risk factors for getting diabetes
- ▣▣▣▣ Have your healthcare provider check your blood glucose level for diabetes every one to two years
- ▣▣▣▣ Lose 5 to 10% of your body weight (10 to 20 pounds), if you need to lose weight. For you, this means aiming to lose ____ pounds over the next ____ months

Nutrition Steps

- ▣▣▣▣ Be aware of portion sizes and eat smaller portions of less healthful food
- ▣▣▣▣ Eat ____ servings of fruit and ____ servings of vegetables every day
- ▣▣▣▣ Eat high fiber, whole grain foods, such as whole wheat bread, high fiber cereal and _____ in place of refined, lower fiber foods such as white bread, rice and _____
- ▣▣▣▣ Drink more water and less calorie containing drinks

Physical Activity Steps

- ▣▣▣▣ Check with your provider to make sure it's safe to increase your physical activity.
- ▣▣▣▣ Be more physically active by doing:
 - (what) _____
 - (when) _____
 - (where) _____
 - (how long) _____

Medication

Talk to your provider about taking medication that may help prevent diabetes

Medical Appointments

Make and keep follow-up appointments. Your next appointment is on:

- ▣▣▣▣ Have your blood pressure and blood lipids checked and find out results
- ▣▣▣▣ Talk to your provider about stopping smoking