

Take steps to prevent diabetes



Millions of people have prediabetes, a condition that serves as a warning flag that you could develop type 2 diabetes. Having prediabetes means your blood sugar (glucose) is higher than normal. Prediabetes also puts you at risk for heart disease and stroke.

About 1 in 3 adults in the U.S. have prediabetes.

In many cases, you may not know you have it—**80% of people with prediabetes are unaware.**¹

If your medical provider suspects you have prediabetes, they will most likely order one or more blood tests. The test results will reveal if you have an official prediabetes diagnosis. These tests may include:

Fasting glucose test. This measures your blood sugar after you have not eaten for at least eight hours. A normal test result is 99 mg/dL or lower. The prediabetes range is 100 mg/dL to 125 mg/dL. Diabetes is 126 mg/dL or higher.³

Hemoglobin A1c (HbA1c). This measures your average blood sugar level over the past two-to-three months. An HbA1c result is normal if it is below 5.7%. The prediabetes range is 5.7% to 6.4%. Diabetes is 6.5% or higher.³

Are you at risk?

There are many indicators that might lead to a diagnosis of prediabetes. Factors include:²

- A family history of type 2 diabetes
- Being overweight
- Being over age 45
- Having high blood pressure
- Having elevated cholesterol
- Having had gestational diabetes
- Not being physically active

Your body is talking to you

Prediabetes is your body sending you a signal, telling you to take steps to improve your health. Listen to your body. The good news is that you can lower the risk of prediabetes developing into full-blown type 2 diabetes, which is not curable. Before you reach that point, try:

- ✓ **Getting healthy** A BMI of 25 and above is considered overweight.⁴ A good goal is to try for a 5%-7% reduction of weight.
- ✓ **Eating balanced meals** Build your plate with 50% non-starchy veggies, 25% lean protein and 25% whole grains, fruits, dairy or starchy veggies.⁵ Avoid sweetened beverages. Limit saturated fats and processed foods made with white flour and refined sugars.
- ✓ **Staying active** Make physical activity a part of your routine. Aim for 150 minutes a week or 30 minutes, five times a week.⁶
- ✓ **Standing up** Get your blood flowing. When sitting for long periods, stand up every 30 minutes and move around.⁷
- ✓ **Managing stress** Stress affects your mental and physical health. It can also prevent you from taking the best care of yourself. Try techniques to help keep stress at a minimum.
- ✓ **Getting good sleep** Insufficient and irregular sleep can have an impact on diabetes risk. Aim for seven to nine hours of sleep a night.⁸



These changes help the body's cells use blood sugar better. Lowering your blood sugar can prevent you from developing type 2 diabetes.

And that's a win for you and your future health.

Learn how we can help support you on your wellness journey.
To sign up or learn more, go to
Go.Livongo.com.

¹<https://www.cdc.gov/diabetes-prevention/about-prediabetes-type-2/index.html>

²<https://www.cdc.gov/diabetes/prevention-type-2/prediabetes-prevent-type-2.html>

³<https://www.cdc.gov/diabetes/diabetes-testing/index.html>

⁴<https://www.cdc.gov/bmi/adult-calculator/bmi-categories.html>

⁵<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/suggested-servings-from-each-food-group>

⁶<https://www.cdc.gov/physical-activity-basics/guidelines/adults.html>

⁷<https://diabetes.org/health-wellness/fitness/break-sitting-streak>

⁸https://www.cdc.gov/sleep/about/?CDC_AAref_Val=https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html



YOU'RE WINNING

Healthy competition is good for you

Activity, especially exercise, is necessary for those who want to stay in their best health.

But for many, exercise is a way to get an additional reward along with better health: the thrill of competition. Participating in either organized tournaments and races or informally within groups or clubs comes with its own rewards. And usually a shiny medal or two.

Great activities to try:



Walking/running



Bicycling



Bowling



Swimming



Dancing



Pickleball

And many more!

A competitive streak

Participating in sports provides more than fitness. It's a good way to improve mental well-being and build social ties.¹ Whether it's a holiday fun run or a local pickleball tournament, training and competing offer additional benefits, like:

- ☆ Increased general well-being
- ☆ Heightened motivation
- ☆ Greater endurance
- ☆ Increased confidence



Build your team

When you choose to compete, it's important to have people to share in your success. They also support you in times of loss. Friendly competition can help you reach your goals and keep you motivated. Participating in competitive sports at any age lets you model sportsmanship and a team approach for others, particularly those who are younger.²

When it comes to finding teammates and training partners, friendships will grow through the shared experiences.

Ready, set, go!

Perhaps you were a tennis player in college and now feel pickleball is more your speed. Marathons may seem simply too far, but 5Ks, 10Ks or even half-marathons are attainable. There will always be something that fits your situation, your age, your health status and your personal preferences. Check out your local recreation center, senior center and even town website to see what's available in your area.



**The benefits of competitive activity are there for the taking.
Consider yourself a winner for making fitness part of your life.**

Before starting any activity, check with your healthcare professional to make sure it's right for your level of fitness.

Learn how we can help support you on your wellness journey.
To sign up or learn more, go to
Go.Livongo.com.

¹<https://www.mcmasteroptimalaging.org/blog/detail/blog/2021/11/03/competitive-sports-can-be-healthy-at-all-ages>

²<https://www.psychologytoday.com/us/blog/words-wellness/202010/healthy-competition-me-myself-and-i>