Facts of Pre-Diabetes

- There are about 79 million people in the United States who have prediabetes.
- A person with prediabetes has a fasting blood glucose level between 100 and 125 mg/dl. If the blood glucose level rises to 126 mg/dl or above, a person has diabetes.
- While the Diabetes Prevention Program (DPP) showed that some medications may delay the development of diabetes, diet and exercise worked better. Just 30 minutes a day of moderate physical activity, coupled with a 5-10% reduction in body weight, produced a 58% reduction in diabetes.
- People with prediabetes often do not have symptoms. In fact, millions of people have diabetes and do not know it because symptoms develop so gradually, people often don't recognize them.
- Symptoms of diabetes include unusual thirst, a frequent desire to urinate, blurred vision, or a feeling of being tired most of the time for no apparent reason.
- There are three different tests your doctor can use to determine whether you have prediabetes:
  - The A1C test
  - The fasting plasma glucose test (FPG)
  - or the oral glucose tolerance test (OGTT).

Source: American Diabetes Association

Ask about these details:

Location: _____

Time: _____

Day of Week: _____

Start date: _____

End date: _____

Program Fees: _____

COACHES:

Stacie Stindtman, RD, LD

Darlene Turner, CNP, CDE

(507) 526-7388

UHD Clinic Classroom
515 South Moore
Blue Earth, MN 56013

UHD

UNITED HOSPITAL DISTRICT

I CAN Prevent Diabetes!

Individuals and Communities Acting Now to Prevent Diabetes ©

Sponsored and certified by the Minnesota Department of Health, Diabetes Program, in partnership with participating organizations

www.icanpreventdiabetes.org

MINNESOTA'S VISION A Better State of Health
Statewide Health Improvement Program SHIP

Grant funding for this resource guide was provided by the Minnesota Department of Health's Statewide Health Improvement Program (SHIP), which was signed into law in 2008 as an integral component of health care reform. The goal of SHIP is to help Minnesotans live longer, better, healthier lives by reducing the burden of chronic disease by addressing physical inactivity, poor nutrition, and tobacco use.

ICAN Prevent Diabetes!

is a community-based, lifestyle change program that offers diabetes prevention education and support for people with pre-diabetes. Prediabetes occurs when blood sugar levels are higher than normal, but not yet high enough to be diagnosed as diabetes.

An individual with prediabetes can delay or prevent type 2 diabetes by making simple lifestyle changes. Diet and moderate exercise resulting in a 5-7% weight loss (usually about 10-15 pounds) are often effective enough to bring blood sugar levels back down to a healthy range.

More information about the ICAN Prevent Diabetes Program can be found at:
www.icanpreventdiabetes.org

More information about prediabetes and preventing type 2 diabetes can be found at:

- American Diabetes Association
  http://www.diabetes.org/pre-diabetes.jsp
- National Diabetes Education Program
  http://www.YourDiabetesInfo.org

Session Descriptions

Session 1: Welcome & Getting Started

Session 2: Be a Fat & Calorie Detective

Session 3: Ways to Eat Less Fat and Fewer Calories

Session 4: Healthy Eating

Session 5: Move Those Muscles

Session 6: Being Active: A Way of Life

Session 7: Tip the Calorie Balance

Session 8: Take Charge of What's Around You

Session 9: Problem Solving

Session 10: Four Keys to Healthy Eating Out

Session 11: Talk Back to Negative Thoughts

Session 12: The Slippery Slope of Lifestyle Change

Session 13: Jump Start Your Activity Plan

Session 14: Make Social Cues Work for You

Session 15: You Can Manage Stress

Session 16: Ways to Stay Motivated

I CAN Prevent Diabetes!
Individuals and Communities Acting Now to Prevent Diabetes ©

About the ICAN Prevent Diabetes Program

Learn how to create a healthier lifestyle and prevent diabetes in this 16-week diabetes prevention program. Groups will meet with a trained instructor once a week to help participants lose weight, eat healthier and increase physical activity.

Classes are offered weekly for 16 weeks. Periodically, the program will include enhanced sessions where participants will focus on topics related to specific nutrition or physical activity concepts. If classes are cancelled due to inclement weather, additional sessions will be added to complete the 16 week program. Additional maintenance classes will be offered at each site.

Participants are eligible if they are at least 18, can read, speak English, do not currently have diabetes and are not pregnant. Talk to your health care provider to assess if you have prediabetes or are at risk of developing diabetes, and are healthy enough for moderate exercise such as walking.

At the end of the 16 week program, participants are encouraged to return to their health care provider for follow-up and on-going care.