



Prediabetes: Stop Sugar Coating It



**Be Well
at Work**

Faculty/Staff Health Programs

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Be Well at Work – Wellness
Program

Objectives



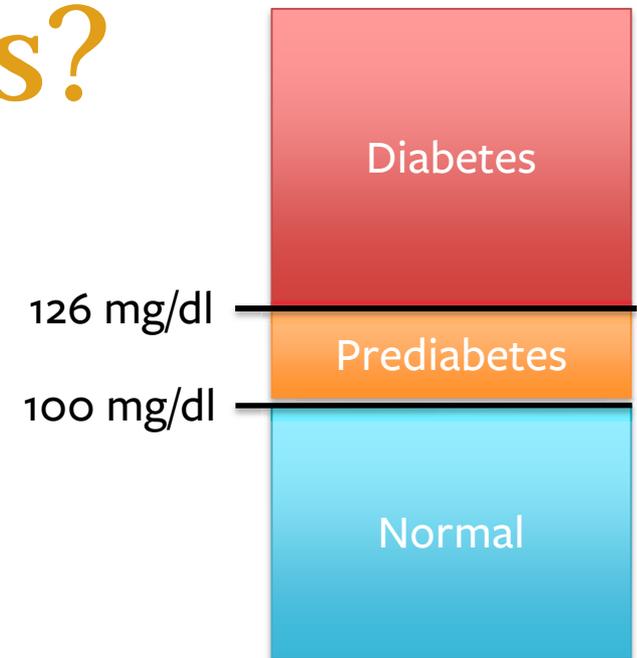
1. Understand the *basics* of prediabetes and associated health risks
2. Understand lifestyle choices that can lower the risk of developing prediabetes and type 2 diabetes
3. Gain strategies for making behavior changes

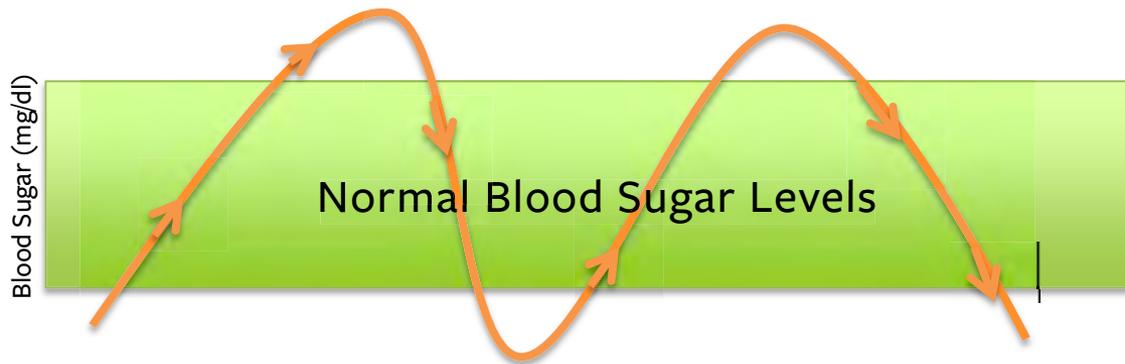
Disclosure Statement

This presentation is provided for informational purposes only and is not intended to provide specific medical advice, diagnosis, or treatment. You should always seek advice from a physician or other qualified health care provider for your individual medical needs.

What is Prediabetes?

- Blood glucose levels higher than normal but not in diabetic range
- No clear symptoms
- Long-term damage of diabetes may already be starting



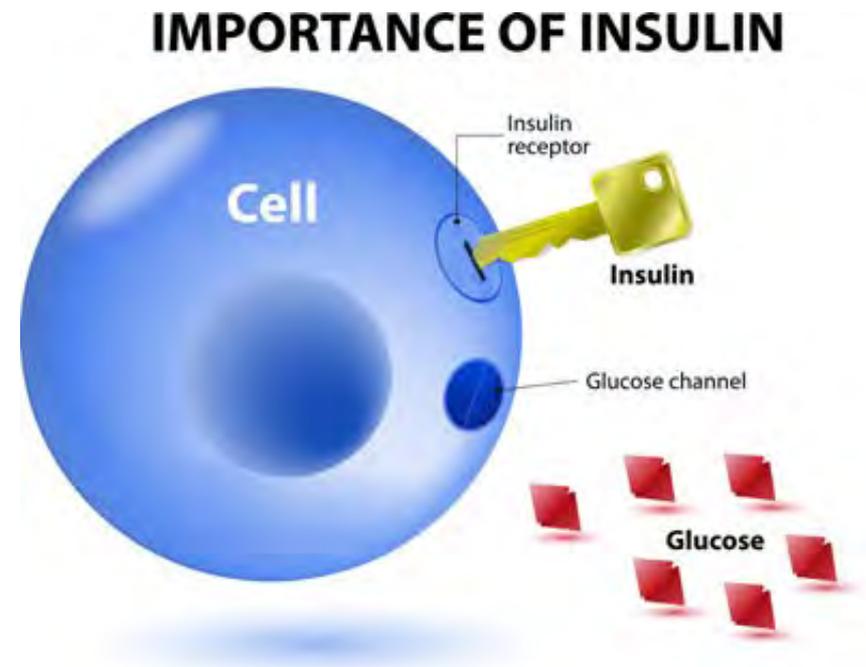


Blood Sugar (Glucose)

- Transported through bloodstream to supply energy to all cells
- 2 major sources
 - Carbohydrates in food
 - Liver stores
- Human body regulates levels
- Cells cannot use glucose without insulin

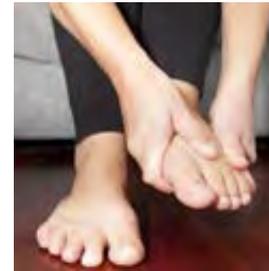
Insulin

- Hormone that allows cells throughout the body to absorb glucose and use it for energy
- **Insulin Resistance**
 - Major Causes
 - Excess weight
 - Physical inactivity
 - No symptoms



Health Risks

- Type 2 diabetes - Likely to develop within 10 years without intervention
 - Blindness
 - Kidney disease
 - Nerve damage
 - Amputations
- Heart attack
- Stroke

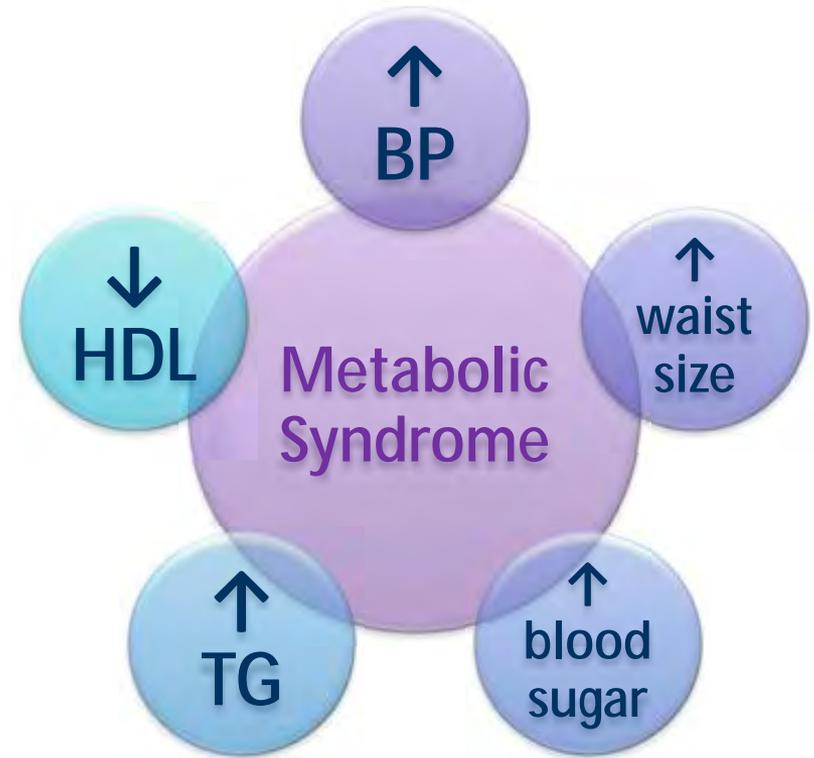


Who is at Risk?

- 45 or older
- Physically inactive
- Have a parent or sibling with diabetes
- Many family backgrounds
- Gave birth to a baby over 9 lb.
- Gestational diabetes
- High blood pressure
- Low HDL cholesterol or high triglycerides
- PCOS
- Heart disease
- Overweight or obese

Metabolic Syndrome

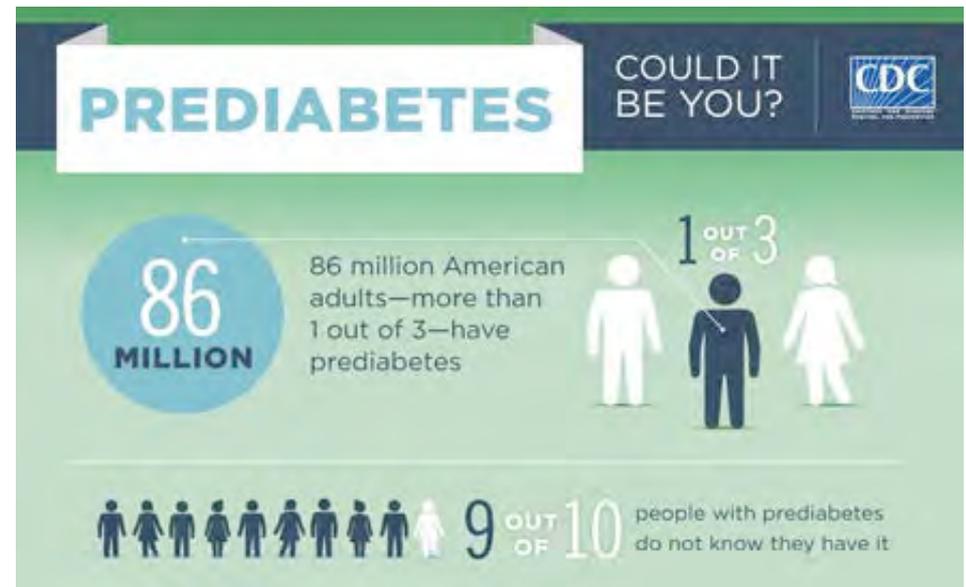
- Group of traits and medical conditions linked to overweight and obesity
- ↑ Risk heart disease and type 2 diabetes
- Defined as 3 of the following:



Prevalence

Prediabetes

- Up to 70% of people with prediabetes will develop diabetes in their lifetime



Diabetes

- ~1 in 10 adults in the US (28% *don't know*)
- 1 in 5 by 2030
- 1 in 3 by 2050



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What to Do



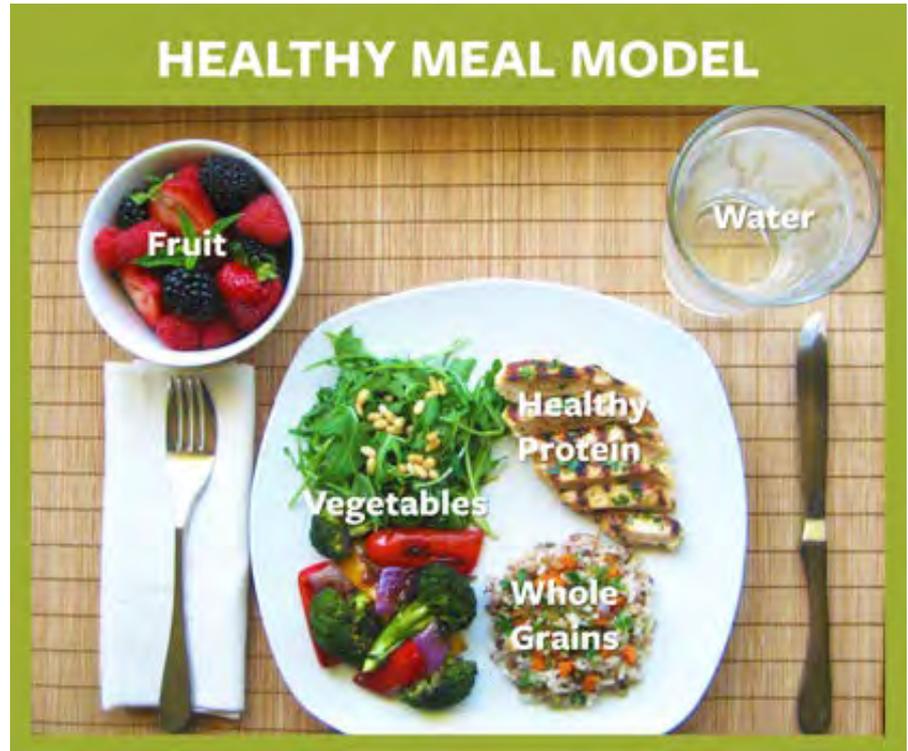
How to Lower Risk

- Eating for health
- Physical activity – aerobic and strength training
- Healthy weight



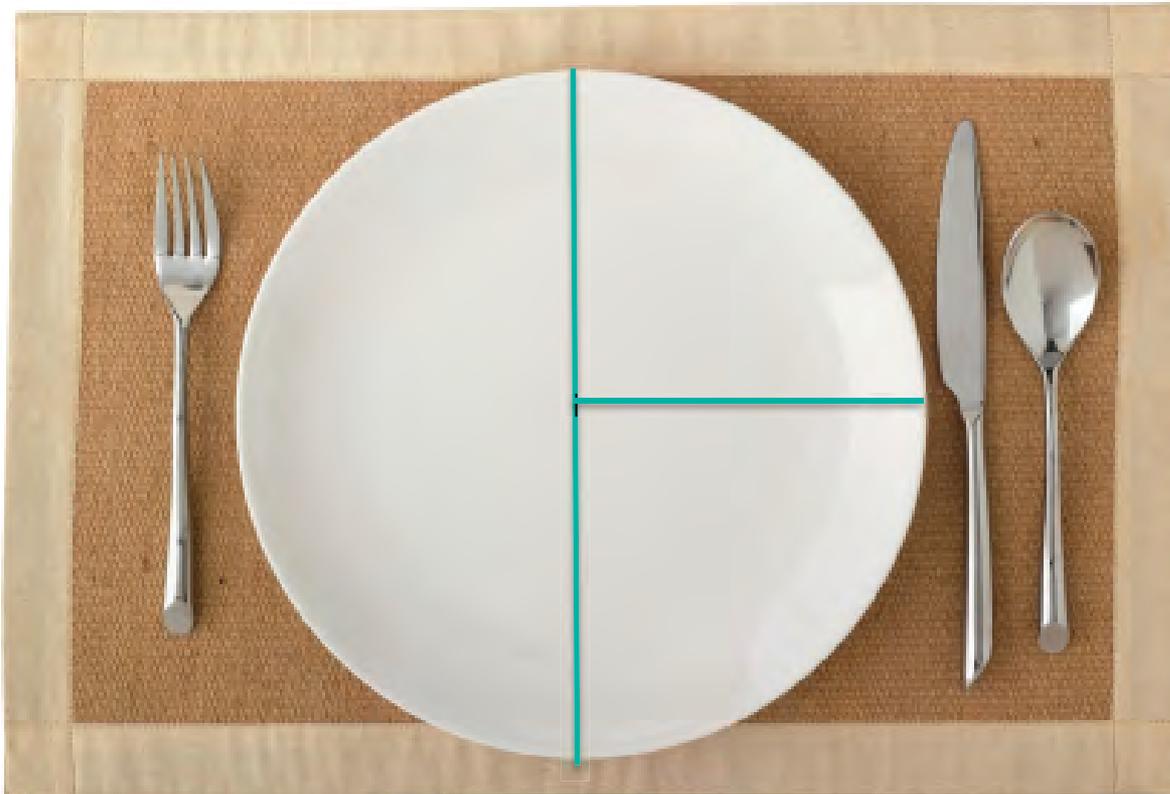
Eating for health

- Healthy meal model
- Potentially beneficial foods:
 - Leafy greens
 - Whole grains
 - Nuts
 - Beans
 - Coffee
 - Fish
 - Eggs



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Make a Healthy Plate



Make a Healthy Plate



Make a Healthy Plate



Make a Healthy Plate



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Make a Healthy Plate



Make a Healthy Plate



Make a Healthy Plate



Hunger Scale

10 -- Extremely stuffed, nauseous

9 -- Stuffed, very uncomfortable

8 -- Overfull, somewhat uncomfortable

7 -- Full but not uncomfortable

6 -- Satisfied, but could eat a little more

5 -- Starting to feel hungry

4 -- Hungry, stomach growling

3 -- Uncomfortably hungry, distracted, irritable

2 -- Very hungry, low energy, weak and dizzy

1 -- Starving, no energy, very weak



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Physical Activity

- Walking is a great place to start
- At least 30 minutes of aerobic exercise daily
- 2-3 strength training sessions per week



How to Make Changes

- Set goals
- Troubleshoot barriers
- Find support

Set SMART Goals

- **Specific**
- **Measurable** – include numbers
- **Action-Oriented** – identify behavior or action
- **Realistic**
- **Time-Bound** – give yourself a time frame

Assess Confidence

- On a scale of 0 to 10, how confident are you that you could achieve this goal?
- 10: Great!
- 8-9: Good, but plan what to do about barriers
- <8: What would it take to make you a 9-10?

Troubleshoot Barriers

- Make it easy!
 - Keep healthy food accessible
 - Keep workout clothes at work
- Make time
 - Wake up a few minutes earlier, cut back on TV or other time wasters
 - Put exercise on your schedule
 - Make a slow cooker meal so dinner will be ready when you get home
- Make it a habit
 - Commit to a new healthy behavior daily for 3-4 weeks. Soon, it will become a habit, just like brushing your teeth!

Find Support

- Find a workout buddy
- Share goals with your family
- Online support
- Use technology for logging or accountability (websites, apps, etc.)



Resources

- **Healthy eating**
 - Eat Well @ Work
 - Cook Well Berkeley – cooking classes and recipes
- **Exercise opportunities**
 - Active @ Work
- **Screening Tests**
 - DolHavePrediabetes.org
 - ADA Type 2 Diabetes Risk Test
 - AHA Heart Attack Risk Calculator



UC Health Plan Resources

1. **Health Net:** Omada 16-week online program
2. **Kaiser Permanente:** HealthMedia Care for Diabetes Program
3. **UC Care or Health Savings Plan:** Check your plan

Learn more

uhs.berkeley.edu/prediabetes