



Prediabetes: Stop Sugar Coating It

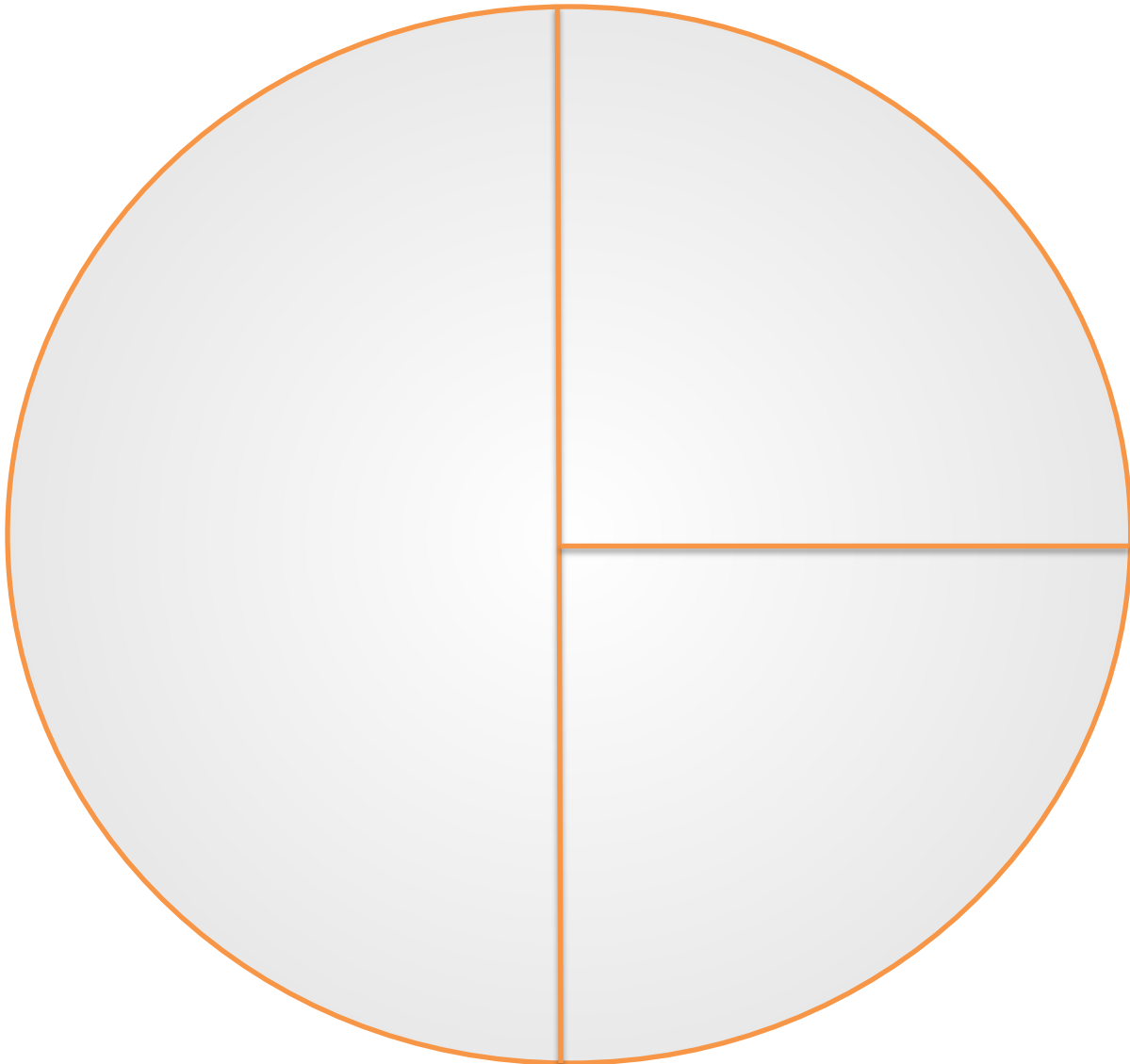
Kim Guess, RD, Wellness Program Dietitian
Be Well at Work – Wellness Program



How to Lower Risk:

- Healthy weight
- Limit sweets, especially sugar-sweetened beverages
- Fill $\frac{1}{2}$ your plate with veggies and only $\frac{1}{4}$ with (preferably) whole grains
- At least 30 minutes of aerobic exercise daily
- 2-3 strength training sessions per week

Make a Healthy Plate:



Disclosure Statement: This webinar 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.

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

SMART Goals:

Specific

Measurable – include numbers

Action-Oriented – identify behavior or action

Realistic

Time-Bound – give yourself a time frame

My SMART goal: _____

Assess Confidence:

On a scale of 0 to 10, how confident are you that you could achieve this goal? (Circle one)

10: Great!

8-9: Good, but plan what to do about barriers

<8: What would it take to make you a 9-10?

Resources:

Healthy Eating

- Recipes - Cook Well Berkeley - uhs.berkeley.edu/cookwellberkeley
- Eat Well @ Work - uhs.berkeley.edu/eatwellatwork

Exercise Opportunities

- Active @ Work - uhs.berkeley.edu/activeatwork
- 7-Minute Workout - 7minuteworkout.jnj.com

Screening Tests

- Prediabetes - doihaveprediabetes.org
- Type 2 Diabetes Risk - diabetes.org/are-you-at-risk/diabetes-risk-test/
- AHA Heart Attack Risk Calculator- heart.org/gglRisk/main_en_US.html