Prediabetes: Am I at risk?

Many factors increase your risk for prediabetes and type 2 diabetes. To find out more about your risk, see which characteristics in this list apply to you.

- I am 45 years of age or older
- I am overweight
- I have a parent with diabetes
- I have a sister or brother with diabetes
- My family background is African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander.
- I had diabetes while I was pregnant (gestational diabetes), or I gave birth to a baby weighing nine pounds or more.
- I am physically active less than three times a week.

For more information call 1-888-523-2966

Local contact:

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Lifestyle Balance can prevent or delay type 2 diabetes

Studies have shown that people with prediabetes who lose a modest amount of weight (five to seven percent) and increase their physical activity to 150 minutes a week can prevent or delay the onset of type 2 diabetes. Participants in the program get help and support to make and sustain lifestyle changes needed to prevent type 2 diabetes. The National Diabetes Prevention Program is a 12-month program that has demonstrated effectiveness in improving the health of people with prediabetes. Participants meet in a group setting and learn about important changes that can help prevent type 2 diabetes.

The National Diabetes Prevention Program teaches participants strategies for incorporating physical activity into daily life and eating healthy. Lifestyle coaches work with participants to identify emotions and situations that can sabotage their success, and the group process encourages participants to share strategies for dealing with challenging situations.

Lifestyle Balance Program Quick Facts

This structured group-based lifestyle intervention program, for participants with the following high risk factors for type 2 diabetes, includes:

- High fasting blood glucose 100 to 125
- A1C test 5.7% to 6.4%
- High blood pressure
- High triglycerides
- High LDL cholesterol 130 or above
- Body Mass Index greater than 25
- History of gestational diabetes or women who have had a baby weighing nine pounds or more

- Discover ways to lose weight through healthy eating with the help of Lifestyle Coaches
- Become more active with the help of Lifestyle Coaches
- Learn to recognize and overcome barriers to healthy eating and physical activity
- Work with a Registered Dietitian to learn about healthy food
- No charge for the one year program
- Requires a Healthcare Provider Referral
- Lifestyle Balance meets one hour weekly for 16 core weeks, then twice monthly for six months