Common Risk Factors for Prediabetes

- Family History of Diabetes
- Elevated BMI
- Physical Inactivity
- Over the Age of 45
- High Blood Pressure
- Had Gestational Diabetes

How to find out if you have prediabetes

Talk to your doctor

Talk to your primary care doctor to have them screen you for prediabetes and check your A1C.

CDC Survey

Scan the QR Code to take the CDC Prediabetes Risk Assessment to see if you are at risk for prediabetes.

Contact Us

231-242-3532

preventdiabetes@dhd10.org

livewell4health.org/prevent-diabetes

Imagine your happiest and healthiest life. What if you could achieve it in 22 hours?

Spend 22 hours over the next year to better your health for the rest of your life.

Join our Lifestyle Change Program - Contact us today!

LIVE WELL
District Health Department #10

District Health Department #10

DIABETES PREVENTION

FOR A BETTER LIFE



What is an A1C?

Learn More

An A1C test gives you a picture of your average blood sugar over the past 2–3 months and can help detect prediabetes or diabetes early.

An A1C test can help detect prediabetes or diabetes early, often before symptoms appear. Knowing your A1C gives you the chance to take steps to protect your health.

What is Prediabetes?

Learn More

With prediabetes, blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis.

More than 1 in 3 American Adults have prediabetes. Typically, if you have prediabetes there are no symptoms.

Ways to Lower Your Risk

Nutrition

- Chose foods closest to their natural form
  - Ex: fresh or frozen produce, eggs, whole grains
- Eat Fiber Rich Foods
  - Fiber slows how quickly sugar enters the bloodstream
- Eat balanced foods (protein, fiber, healthy fats)

Physical Activity

- Exercise helps the body use insulin better
- Recommended 150 minutes per week
- All movement counts! Small movement throughout the day add up.

Other Small Changes

- 5–7% weight loss can lower diabetes risk
- Finding coping strategies for stress can improve your overall health
- Small consistent habits matter

Ready to take the next step?

Join our Lifestyle Change Program

This program offers a year of support consistency and accountability with goal setting, and a place where you can come in, judgement free, and work on what makes you feel good!

Lessons Include

- Managing Stress
- Finding time for movement
- Coping with Triggeres
- Habits when away from home
- Getting enough sleep
- Food shopping tips
- and more!

