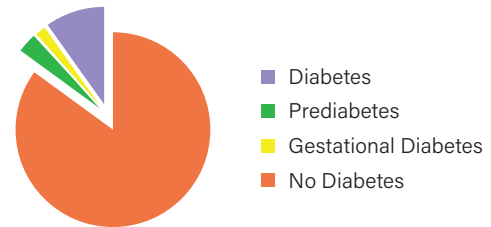


Facts About Prediabetes

Prediabetes is a serious health condition that affects approximately 1.3 million Californians.¹



Impact of COVID-19

In recent months, COVID-19 has brought heightened focus to the danger of chronic conditions such as type 2 diabetes. According to the Centers for Disease Control and Prevention (CDC), type 2 diabetes is one of the top underlying health conditions associated with COVID-19 severity and deaths. Prediabetes also puts you at higher risk for serious health issues like heart attack and stroke.²

What is Prediabetes?

Prediabetes is when someone's blood glucose (sugar) level is too high but not high enough for a diagnosis of type 2 diabetes. Prediabetes can become type 2 diabetes if it is not treated.³

Why prevent prediabetes?

Prediabetes puts you at higher risk for serious health issues like heart attack and stroke. The good news is that prediabetes can often be reversed by knowing your risk factors and making healthy changes. It is important to prevent prediabetes from turning into diabetes, as it cannot be reversed.⁴

¹ CDC - 2020 BRFSS Survey Data and Documentation. (2022). https://www.cdc.gov/brfss/annual_data/annual_2020.html

² Diabetes Care: COVID-19 Severity Is Tripled in the Diabetes Community: A Prospective Analysis of the Pandemic's Impact in Type 1 and Type 2 Diabetes. Available at: <https://doi.org/10.2337/dc20-2260>

³ So...Do I Have Prediabetes | DoIHavePrediabetes.org. (2019). Doihaveprediabetes.org. <https://doihaveprediabetes.org/>

⁴ 88 Million Americans at Risk for Type 2 Diabetes Can Change Their Outcome. (2016, January 1). CDC. <https://www.cdc.gov/media/releases/2021/p1104-diabetes-type-2.html>



Who is at risk for developing prediabetes?⁵

- Are overweight (Body Mass Index > 25.0).
- Are 45 years or older.
- Have a parent, brother, or sister with type 2 diabetes.
- Are physically active less than 3 times a week.
- Have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds.
- Are African American, Hispanic/Latino American, American Indian, or Alaska Native (some Pacific Islanders and Asian Americans are also at higher risk).

You can prevent or delay from progressing to type 2 diabetes by maintaining a healthy lifestyle.



Eating healthier (be conscious of healthy food choices and portion sizes).



Managing your weight.



Including your family members and friends on your journey to better health.⁶



Having the support of your community (examples: community health workers promotoras, doctors, pharmacist, and support groups). Ask your health care team about National Diabetes Prevention Program (National DPP) or other diabetes prevention programs in your community.⁷



Getting more active (physical activity helps make insulin work better)

Take the one-minute online risk assessment now by visiting

<https://doihaveprediabetes.org>

⁵ CDC. (2022, February 3). *Diabetes Risk Factors*. Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/basics/risk-factors.html>

⁶ Hu, J., Wallace, D. C., McCoy, T. P., & Amirehsani, K. A. (2014). A family-based diabetes intervention for Hispanic adults and their family members. *The Diabetes educator*, 40(1), 48–59.

⁷ Diabetes and the Family Curriculum (English Version) | Arizona Prevention Research Center. (2022). Arizona.edu. <https://azprc.arizona.edu/curricula/diabetes-andfamily-curriculum-english-version>

Facts About Type 2 Diabetes

More than 3.8 million Californians have diabetes, which represents approximately 10% of the population.¹

Type 2 diabetes accounts for approximately 90% to 95% of all diagnosed cases of diabetes.²



What is type 2 Diabetes?

Type 2 diabetes, the most common type of diabetes, is a disease that occurs when your blood glucose (sugar) is too high. In type 2 diabetes, your body doesn't make enough insulin or doesn't use insulin well, so the glucose then stays in your blood, and not enough reaches your cells.³

Blood glucose is your primary source of energy and comes from your food. Specifically, diabetes is a condition that occurs when your blood glucose level is too high.⁴

Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body does not make enough—or any—insulin or does not use insulin well. Glucose then stays in your blood and does not reach your cells.

Over time, having too much glucose in your blood can cause health problems. There is no known cure for type 2 diabetes, but it can be controlled, and in some cases, it can go into remission. For some people, a diabetes-healthy lifestyle is enough to control their blood glucose levels, and there are simple steps to manage diabetes and stay healthy.⁵

Impact of COVID-19

In recent months, COVID-19 has brought heightened focus to the danger of chronic conditions such as type 2 diabetes. According to the Centers for Disease Control and Prevention (CDC), type 2 diabetes is one of the top underlying health conditions associated with COVID-19 severity and deaths.⁶



¹ CDC - 2020 BRFSS Survey Data and Documentation. (2022). https://www.cdc.gov/brfss/annual_data/annual_2020.html

² *Diabetes Quick Facts*. (2022). <https://www.cdc.gov/diabetes/basics/quick-facts.html>

³ *Type 2 Diabetes*. National Institute of Diabetes and Digestive and Kidney Diseases; NIDDK | National Institute of Diabetes and Digestive and Kidney Diseases. <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/type-2-diabetes>

⁴ *Diabetes and the Family Curriculum (English Version)* | Arizona Prevention Research Center. (2022). Arizona.edu. <https://azprc.arizona.edu/curricula/diabetes-and-family-curriculum-english-version>

⁵ *What is Diabetes?*. (2022). National Institute of Diabetes and Digestive and Kidney Diseases; NIDDK | National Institute of Diabetes and Digestive and Kidney Diseases. <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes>

⁶ Gregory, J. M., Slaughter, J. C., Duffus, S. H., Smith, T. J., LeSturgeon, L. M., Jaser, S. S., McCoy, A. B., Luther, J. M., Giovannetti, E. R., Boeder, S., Pettus, J. H., & Moore, D. J. (2020). COVID-19 Severity Is Tripled in the Diabetes Community: A Prospective Analysis of the Pandemic's Impact in Type 1 and Type 2 Diabetes. *Diabetes Care*, 44(2), 526–532. <https://doi.org/10.2337/dc20-2260>



How to Manage Your Diabetes

Steps to help you stay healthy with diabetes and live a long and active life.



Know your diabetes ABC's⁷

A - A1c is a test that measures your average blood glucose (sugar) over the past 3 months and is commonly used to diagnose prediabetes and diabetes. Higher A1c levels are linked to diabetes complications, so reaching and maintaining your individual A1c goal is important if you have diabetes. Ask your health care team what your goal should be.⁸

- *An A1c level of 6.5% or more indicates diabetes.*

B - Blood Pressure is the force of blood against the walls of your blood vessels. If your blood pressure gets too high, it makes your heart work too hard.

C is for cholesterol there are two kinds of cholesterol in your blood. LDL and HDL.

- *LDL and HDL.*
 - *LDL or "bad" cholesterol can build up and clog your blood vessels.*
 - *HDL or "good" cholesterol helps remove the "bad" cholesterol from your blood vessels.*
- *Ask your health care team what your cholesterol numbers should be.*



Be physically active. Set a goal to be physically active for 30 minutes most days of the week. Start slow by taking a 10-minute walk 3 times a day.



Having diabetes can be overwhelming at times but having support can be very helpful. Include your family and friends on your journey to better health.⁹



Having the support of your community (examples: community health workers, promotoras, doctors, pharmacist, and support groups). Ask your health care team about Diabetes Self-Management Education and Support (DSMES) services or other diabetes support programs in your community.¹⁰



Get routine care to stay healthy. See your health care team at least twice a year to find and treat any problems early. Also, make sure you monitor your blood glucose levels and follow the recommended insulin dosing schedule.⁹

⁷ Steps to Help You Stay Healthy With Diabetes. (2022). <https://www.cdc.gov/diabetes/library/4steps.html>

⁸ CDC. (2018, August 21). *All About Your A1C*. Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/managing/managing-blood-sugar/a1c.html>

⁹ Steps to Help You Stay Healthy With Diabetes. (n.d.). <https://www.cdc.gov/diabetes/pdfs/library/steps-to-stay-healthy-h.pdf>

¹⁰ Diabetes and the Family Curriculum (English Version) | Arizona Prevention Research Center. (2022). Arizona.edu. <https://azprc.arizona.edu/curricula/diabetes-and-family-curriculum-english-version>