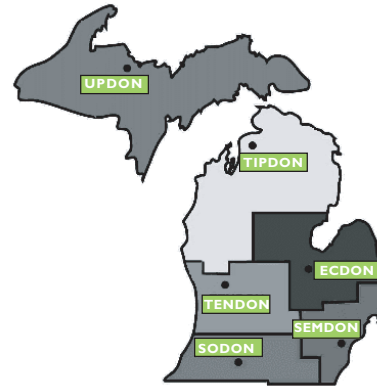


For more information **contact** your  
**Diabetes Outreach Networks**  
**(DONs)**



ECDON — (810) 232-0522  
TENDON — (800) 472-3175  
SEMDON — (313) 259-1574  
TIPDON — (800) 847-3665  
SODON — (800) 795-7800  
UPDON — (906) 228-9203

[www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)

small steps  
**big rewards**  
Prevent **type2** Diabetes Prevention Workgroup  
Diabetes Partners in Action  
Coalition (DPAC)

This brochure was made possible through support from the  
Michigan Department of Community Health and  
the Michigan Public Health Institute and may be reproduced.

## Prediabetes

Are **YOU** at risk?

**Take the risk test:**

*(check each one that applies)*

- Do you have a parent, brother or sister with diabetes?
- Are you African-American, Hispanic, or Native American?
- Are you overweight?
- Do you get too little physical activity?
- Do you have high blood pressure?
- Do you have high cholesterol?
- Did you have a baby that weighed 9 pounds or more at birth?

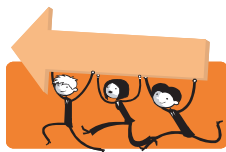
If you checked more than one,  
**ACT NOW**

Many of us are at risk for **Type 2 Diabetes**, but by taking action, we can prevent or delay diabetes and its complications: heart disease, kidney disease, blindness and early death.

Fasting blood sugar levels between 60-99 are in the **normal range**.

**Diabetes** is diagnosed when fasting blood sugar levels are at 126 and above.

If you have a fasting blood sugar between 100 and 125, you have **prediabetes** and are at risk for developing diabetes.



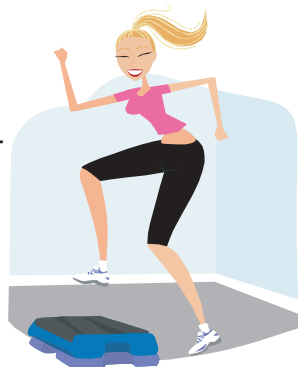
# Take Action **NOW**... it's **EASY**

## Check with your doctor

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### Increase physical activity

- Start slow and increase activity every day
- Work up to at least 30-60 minutes, 5 days a week.
- Cleaning and yard work count!



### Eat healthy

- Eat every 4-5 hours
- Eat 5-9 servings of vegetables and fruits each day
- Switch from “regular” soda/pop to water or diet pop
- Eat whole fruits instead of juices
- Eat whole grain foods
- Lower fat intake
- Eat or drink 3 servings of low-fat dairy products each day
- Limit junk food like candy, cookies, ice cream and chips



### Lose weight

- If you are overweight, a 5-15 lb weight loss can help
- Increase physical activity

### Treat high blood pressure

- Limit salt intake to 2000 mg each day
- Take medication every day if prescribed

### Treat high cholesterol

- Increase physical activity
- Decrease fat intake
- Take your medication if prescribed

### Manage stress

- Eliminate unnecessary stress
- Exercise to feel better
- Find ways to relax
- Talk to your doctor or a counselor



### Get enough sleep

- Most people need 7 to 9 hours
- See your doctor if you have trouble sleeping

### Quit smoking

- Keep on quitting until you are tobacco-free



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**Health Service Provider:**