A stylized medical illustration in shades of blue and red. It features a large syringe on the left, an insulin bottle at the top, a glucometer on the right, and several red and blue pills scattered throughout. White plus signs are also present. The background has soft, wavy blue patterns.

# WHAT IS **PREDIABETES**?

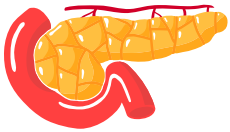
**Prediabetes** means your blood sugars aren't being controlled, as they should be.

Despite being higher than normal levels, they have not yet reached the extent of type 2 diabetes.

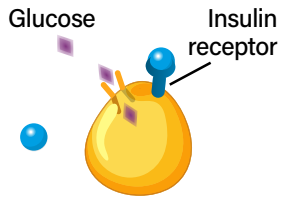


The **pancreas** produces the hormone **insulin**, which is needed to be able to use the **glucose** (sugar) in your blood for energy. In prediabetes your insulin may not be working properly and your pancreas starts to work harder than normal to try to make more insulin.

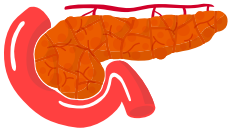
**Healthy**



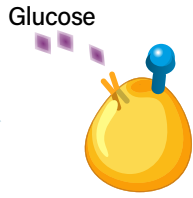
Insulin →



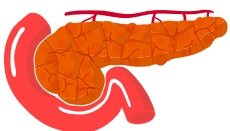
**Type 1**



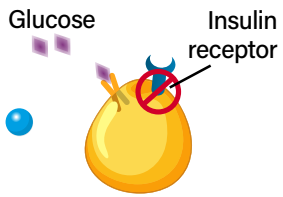
⊘  
Pancreas fails to produce insulin



**Type 2**



Insulin →



Cells fail to respond to insulin properly

## Why is this important?

It means that you are high risk of going on to develop Type 2 diabetes within 5-10 years.

By making small changes now you can help your pancreas to keep working well and reduce your risk of developing Type 2 diabetes.

## Who's at risk?

- Strong family history with type 2 Diabetes
- Diabetes during pregnancy (gestational)
- Sleep disorders such as sleep apnoea
- Being over weight- especially carrying weight around your middle
- High blood pressure/cholesterol



# Type 2 diabetes RISK FACTORS



A family history  
of diabetes

**45+**

Being 45  
or older



Ethnicity\*



Physical  
inactivity



Being  
overweight  
or obese



High blood  
pressure



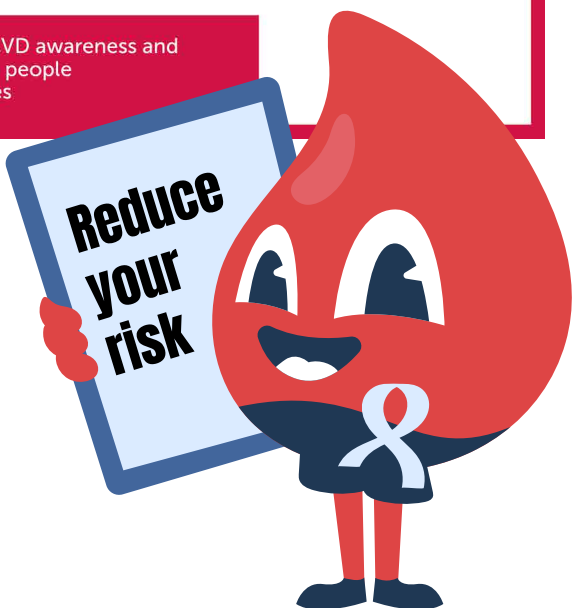
High  
cholesterol



Smoking

Global survey on CVD awareness and  
knowledge among people  
with type 2 diabetes

**Reduce  
your  
risk**



## **Prediabetes testing**

There are 3 types of tests your doctor may use.

### **Checking your HbA1c levels.**

This blood test measures glucose in the longer term, over the last 3 months.

This test is repeated each year to monitor your glucose levels.

Results in range 42-47 mmol/mol indicate prediabetes stage.

Levels > 48mmol/mol indicate Type 2 diabetes.

**Fasting Plasma glucose test** is a finger prick test performed after a period of fasting.

**Oral Glucose tolerance test** measures the body's response to sugar.

## What we can do to reduce it?

- Consume nutritious foods high in vitamins, minerals & carbohydrates.
- Care with portion sizes of meals
- Try to spread food out over the day in small meals x 3-4
- Choose whole grains and whole grain-based products.
- Increase physical activity



**7 STEPS FOR BETTER LIVING  
WITH DIABETES**

# 1

## EAT HEALTHY



Eat lots of vegetables and fruit  
Reduce or eliminate sugary  
foods and drinks  
Watch or reduce carbs



Watch portion sizes



Eat regular meals



Lose 10–20 pounds  
if you are overweight

# 2

## BE ACTIVE



Exercise 5 days a week



Be active 30 minutes a day

# 3

## MONITOR



Check your blood sugar levels;  
know your A1C



Check your blood pressure,  
cholesterol, eyes, feet and teeth



# 4

## TAKE MEDICATION



Know your pills and insulins, understand how they work and take the right doses at the right times

# 5

## PROBLEM SOLVE



Recognize your high and low blood sugars, understand what caused them and learn to treat and prevent them

# 6

## REDUCE RISK



Quit smoking



Do regular health exams (eye, foot & dental)



See your doctor regularly for check-ups and tests

# 7

## COPE WELL



Get support from your family, friends and diabetes care team



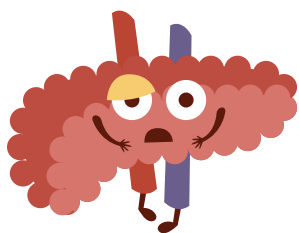
Set realistic goals and work toward them

## Can Prediabetes go away?

The good news with some small lifestyle changes such as following a healthy diet, being physically active and losing weight can all help reduce your blood glucose levels and achieve a non-prediabetic HbA1c, and lead to prediabetes remission.

Prediabetes remission occurs when your HbA1c is below 42mmol/mol (6%) without the use of medications.

In many cases type 2 diabetes can be prevented or delayed.



**Before**



**After**



## Useful links

[www.diabetes.org.uk](http://www.diabetes.org.uk)

[www.prediabetes.co.uk/guides/  
reversing-prediabetes](http://www.prediabetes.co.uk/guides/reversing-prediabetes)

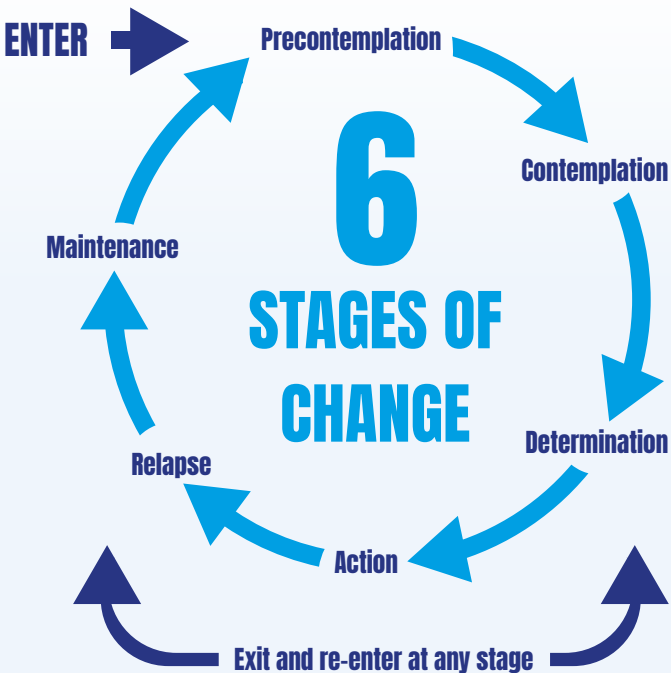
[www.nhs.uk/live-well/eat-well](http://www.nhs.uk/live-well/eat-well)

[www.nhs.uk/live-well/exercise-  
guidelines](http://www.nhs.uk/live-well/exercise-guidelines)

You can be registered for access to Diabetes prevention part of DESMOND if you would like more information or be referred to **NI Diabetes Prevention Programme.**

# Trans Theoretical Model (TTM)

- Focused on the intentional decision-making of the individual.
- Change is not quick it occurs continuously in a cycle.
- People move through six stages.



**Pre-contemplation** - thinking about thinking of change; unaware behaviour is problematic. At this stage we underestimate the positive of change and overestimate the negative effects of change.

**Contemplation** - People begin to think and are intending to start new healthy behaviours in the future. Problem behaviours recognised, equal thought is given to positive and negative effects of changing behaviours. Even with these thoughts we may still not want to change our behaviours.

**Preparation** - People are ready to take action, we take small steps toward change. We believe the change will be positive for us.

**Action** - People are doing their changed behaviours and continue to change by modifying their difficulty or doing newer healthier things.

**Maintenance** - People continue with their new healthier behaviours, they actively work to stop relapse into old unhealthy behaviours.

**Termination** - continuing with new healthier behaviours these are now adopted into their lives.

# What helps the change?

**Consciousness Raising** - Increasing awareness about the healthy behaviour.

*I can recall information on how to prevent pre diabetes developing.*

**Dramatic Relief** – Strong feelings about the health behaviour, whether positive or negative arousal.

*I react emotionally to information about pre diabetes.*

**Self-Re-evaluation** – Acknowledging that the healthy behaviour is part of who they want to be.

*I want to be healthy and not develop type 2 diabetes.*

**Environmental Re-evaluation** – Acknowledging how unhealthy behaviour affects others.

*My life choice impact's my family, health care system.*

**Social Liberation** - Environmental opportunities that exist to show society is supportive of the healthy behaviour.

*Society can support me i.e. info on food packages; resources, PARS.*

**Self-Liberation** - Commitment to change behaviour based on the belief that achievement of the healthy behaviour is possible.

*Make commitment to maintain change.*

**Helping Relationships** - Finding supportive relationships that encourage the desired change.

*Friends and family support GP PARS.*

**Counter-Conditioning** - Substituting healthy behaviours and thoughts for unhealthy behaviours and thoughts.

*Eating healthier option, go for a walk;*

**Reinforcement Management** - Rewarding the positive behaviour and reducing the rewards that come from negative behaviour.

*Find a healthy reward for maintaining your new healthy behaviour.*

**Stimulus Control** - rearrange environment to support and encourage the change.

*Have healthy reminder and cues remove those that encourage the unhealthy behaviour.*



**Get your free prediabetes plan**



Click here to download your free prediabetes plan or visit our website at:

[www.riversidepracticestrabane.co.uk](http://www.riversidepracticestrabane.co.uk)