

Prevent Type 2 Diabetes

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What's your game plan for preventing diabetes for yourself or your family? Before people develop type 2 diabetes (previously called late on-set diabetes), they almost always have "pre-diabetes."

Pre-diabetes exists when your blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. At least 16 million people in the United States (15.6% of the population), ages 40 to 74, have pre-diabetes! Recent research has shown that some long-term damage to the body, especially the heart and circulatory system, may already be happening during pre-diabetes.

People with pre-diabetes don't often have symptoms. In fact millions of people actually have diabetes and don't know it because symptoms develop so gradually, people often don't recognize them. Symptoms of diabetes include unusual thirst, a frequent desire to urinate, blurred vision, or a feeling of being tired most of the time.

Research has shown that if you take action to control blood glucose when you have pre-diabetes, you can delay or sometimes prevent type 2 diabetes from ever developing. Diet and exercise work best to delay diabetes. Just 30 minutes a day of moderate

physical activity, coupled with a 5 – 10% reduction in body weight, produces a 58% reduction in your risk of diabetes.

Take action! Ask your doctor if a screening test is right for you. Take steps to maintain a reasonable body weight. Be physically active everyday. Maintain healthy blood pressure and cholesterol levels. Ask your health care provider for more information on pre-diabetes. (Source: American Diabetes Association)

Did You Know?

Keeping bananas in a paper bag can speed up the ripening process. If you want to slow it down, store bananas in the vegetable crisper in your refrigerator. They may turn black, but they are still ok inside.

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Community Resources

American Diabetes Association Kansas City Office	913-383-8210
Consumer Products Safety Commission	800-638-2772
American Lung Association	800-LUNG-USA



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