

HEALTH TIPS

Diabetes

A health condition when the body either doesn't produce enough insulin, or the body's cells don't respond to the insulin it produces, leading to high blood sugar levels.



Prevention

1 in 3 people are at risk of prediabetes. Only 10% know.

Prediabetes is reversible and type 2 diabetes can be prevented or delayed with simple, proven lifestyle changes including,

- Healthy and mindful eating
- Physical activity
- Weight management
- Stress management
- Not smoking

Learn more about diabetes, type 2 diabetes and prevention here: cdc.gov/diabetes.



If you need help with the information in this document, including written/ oral translation; or in a different format like large print or as an audio file, we can help you at no cost. Call NHP at 800-541-6870 or State Relay 711 for callers with speech or hearing disabilities.

Risks of Prediabetes

Risks may include,

- Being overweight
- Being 45 years or older
- Parent, brother/sister with type 2 diabetes
- Being physically active less than 3 times per week
- Diabetes during pregnancy or giving birth to a child who weighed more than 9 pounds
- Having polycystic ovary syndrome
- African Americans, Hispanic or Latino, American Indians, Pacific Islanders and some Asian Americans are at higher risk

Ask your doctor if you need a simple blood sugar test or take this test to see if you are at risk:
cdc.gov/prediabetes/risktest.

CARE COORDINATION

Care coordination is free and can be used to help make appointments, get medications filled or set up transportation for your outpatient appointments. Call 888-502-4190 to connect with a care coordinator.