

Some useful resources

Resolution 0116 2252828

www.diabetes.org.uk

www.ndep.nih.gov

<http://diabetes.about.com/library/blnews/binigt801.htm>

www.wkbt.com/health.limc/placed/story

www.yahoo.com/health

Diabetes careline: 020 74241030

Health Promotion Agency: 0116 2954150

www.leicesterdiabetes.org.uk

<http://www.niddk.nih.gov/welcome/releases/02-06-02.htm>



This booklet has been produced by Janet Jarvis

Special thanks to Jacqui Troughton

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Pre-Diabetes

The end !!!!.....
or a new beginning?



"Small Changes for Life"

How can I fit exercise into my lifestyle?

Think of things you already do that make you out of breath. This could be walking around the park, going upstairs, hoovering or gardening. All of these things can be used as part of your daily activity. If you catch the bus, get off a stop earlier; if you go up in a lift, stop the floor below and take the stairs the rest of the way. If you drive to work, park the car further away and walk.

Regular physical activity is difficult, especially as today we live in a world of labour saving devices such as escalators, remote controls and cars. Try hiding the remote for the television to boost activity levels. Just remember if you can't manage 30 minutes of activity a day - any activity is better than none at all.

Check with a doctor before you start exercising if you have been told you have heart problems or high blood pressure or if you have bone or joint problems.

My Prevention Plan

Now it's your chance again to record some things that you can do to get more exercise. Remember you need to start with small things; if you do too much to start with you are less likely to stick with it. Complete the table below by answering the questions



To improve my exercise levels I will:

A barrier to this may be:

How I will overcome that barrier:

What are the symptoms of diabetes?

- Feeling tired (because the glucose is in the blood not in the body cells where it is needed for energy). Feeling sleepy, especially after food.
- Going to the toilet more often to urinate, especially at night. (this is the body's way of getting rid of too much sugar from the blood stream).
- Feeling thirsty (this is because you are going to the toilet a lot).
- Having more infections.



It is quite common for people to have diabetes for months or even years without realising they have it. This is because many people put the symptoms of diabetes down to old age and by the time they go to their doctor they have already developed some of the complications associated with diabetes such as heart problems, nerve damage, eye and foot problems.

It's a great thing that you have found out that you have pre-diabetes because by making small changes to your lifestyle and being aware of pre diabetes, complications can be avoided. Early diagnosis is a good thing and gives you the chance to reduce your chances of developing diabetes. You don't have to make huge changes to make a difference, you can make small changes that fit into your current lifestyle.

Fat

It is important to watch the amount of fat in your diet - particularly the saturated fat (animal fats). Look for 'low-fat' or 'reduced fat' products, but always check to see exactly how much fat the product actually contains. Terms such as 'low', 'reduced', and less than' are widely used on food labels - but what do they really mean?

'Low Fat' - contains less than 3g fat per 100g or 100ml of the product.

'Less than 5% fat' or '95% fat free' - indicated food contains less than 5g fat per 100g, for example if a ready meal size was 400g, then the whole meal would contain 20g fat.

'Reduced Fat' - must contain 25% less fat than a similar standard product. It doesn't mean the product is low fat, especially if the standard product is very high in fat.

**"1,2,3 - feel free!
5, 10, 20 - more than plenty!"**

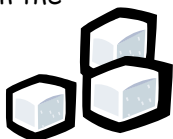
Sugar

Claims about sugar are based on the total amount of sugar, including sugars which naturally occur in fruit and milk, plus any added sugar

'No added Sugar' - No sugars from any source have been added, but may still contain a lot of natural sugar ie. fruit sugar in fruit juice.

'Low Sugar' - contains no more than 5g of sugar per 100g or 100ml of food.

'Reduced Sugar' - must contain 25% less sugar than the regular product.



How much is a lot?

Check out food labels on foods and drinks. The things people often eat too much of are calories from fat and sugary foods. Although you don't have to avoid them, you do need to watch out for these. You should be aiming for **'A little'**.

For a complete main meal or 100g of a snack item (such as biscuits or crisps) use the following rules of thumb:

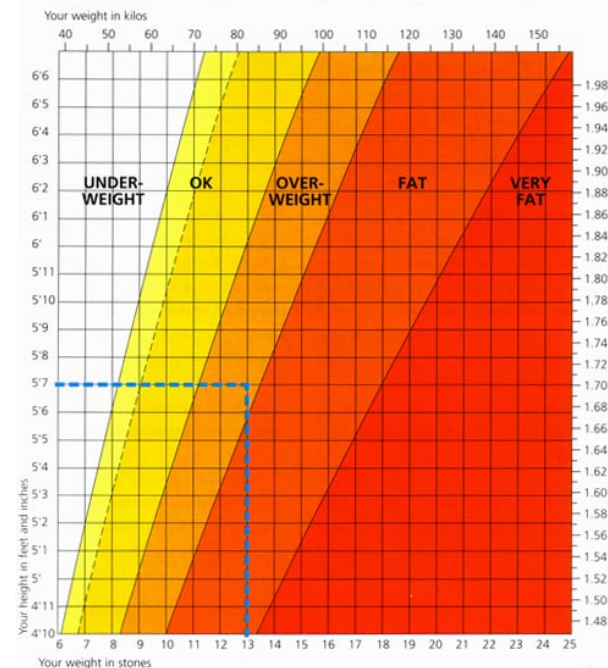
'A LITTLE'	'A LOT'
...these amounts or less:	...these amounts or more
2g of sugars	10g of sugars
3g of fat	20g of fat
1g of saturated fat	5g of saturated fat

For example, if a ready meal contains 30g of fat it would contribute **A LOT** of fat to your daily intake

Check your weight

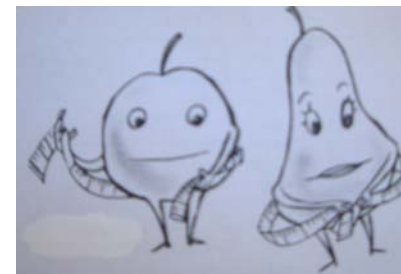
Use the chart check if you are overweight. You will need to know your height and weight.

It has been shown that people with pre-diabetes who lose 5-7% of body weight reduce their chances of getting diabetes by 58%.



Measure your waist: Are you an apple or a pear?

Carrying too much weight around your middle increases your risk of developing heart disease and diabetes. People who carry too much weight around their middle are often referred to as 'apple-shaped', whereas those who carry weight on their hips are 'pear-shaped'. An apple-shaped person has greater health risks than a pear shaped person even if they are both overweight. Measure your waist to find out if you are an apple or a pear.



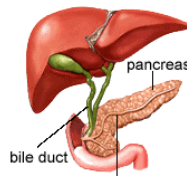
To measure your waist find the bottom of your ribs and the top of your hips and measure around your middle (This is above your waist men!). Use the table below to see if you are at risk from ill health.

Waist measurement for:	at risk	high risk
European men	94cms (37 inches)	102cms (40 inches)
European and Asian Women	80cms (32 inches)	88cms (35 inches)
Asian Men	90cms (36 inches)	

Introduction

This booklet is designed to:

- Explain what Pre-Diabetes is
- Look at risk of developing diabetes
- Look at diet and exercise as ways to help prevent diabetes



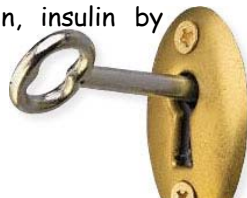
What is pre-diabetes?

Pre diabetes is a condition where sugar levels in the blood are higher than normal, but not high enough to be classed as diabetes. Pre-diabetes occurs when the body either doesn't use insulin efficiently (insulin resistance) or doesn't produce enough insulin. Within the next 10 years many people with pre diabetes will go on to develop diabetes, some will stay as having pre-diabetes some people will return to having normal glucose levels. Those who have stayed the same or returned to normal have done so through making lifestyle changes. You can dramatically reduce your chances of developing diabetes by simple lifestyle changes, such as weight loss, eating a lower fat diet and becoming more active. In the future there may be the possibility of treating pre-diabetes with tablets for diabetes, however this is still being researched.

What is Diabetes?

In people without diabetes, glucose from the food we eat provides the cells of the body with energy. Glucose from food is released into the blood stream. Some of this glucose is stored in the liver but some stays in the blood stream to be used in the body cells as energy. To enter the body cells glucose must go through a gate in the cell wall. Insulin (a hormone produced in the pancreas) is the key that unlocks these gates. Once insulin has unlocked the gates, glucose can pass through and be used by the body as energy. In type 2 diabetes insulin has to work harder to open these gates because they are more difficult to open (this is known as insulin resistance). Because of this, the pancreas has to work harder to produce insulin. With time the pancreas gets too tired and makes less insulin and the locks in the gates become more difficult to open. Eventually, tablets will be needed to help the pancreas produce more insulin and help the rusty gates. Later, when the pancreas has become too tired to produce insulin, insulin by injection is needed.

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What else makes me at risk from diabetes?

High blood pressure, high cholesterol, being overweight and smoking all increase your risk of diabetes and also heart disease.

What can I do to reduce my blood pressure and cholesterol?

Losing weight and exercising can help reduce both blood pressure and cholesterol. In addition, healthy eating, (especially cutting back on salt) will help reduce blood pressure. Increasing fruit and vegetables will help with reducing cholesterol and blood pressure. A low fat diet will help reduce cholesterol. Sometimes people will need tablets to help control blood pressure and cholesterol. A healthy blood pressure should be below 140 over 80 and a healthy cholesterol level should be below 5.

Smoking

Stopping smoking will also reduce your chances of getting both diabetes and heart disease. The people at 'Resolution' can help you if you want to try to give up. Their number is 0116 2252828

When do I need to see my GP

It is advised that you see your doctor on an annual basis for a test to see if you have gone on to develop diabetes or if you get any of the symptoms of diabetes it is best to get your doctor to check you over. Remember, by diagnosing diabetes earlier, it means we can prevent complications.

What now?

Now is your chance to make some small changes for life to reduce your chances of developing diabetes. Remember to make small changes as its more difficult to stick with major changes. Any changes are difficult to make but you can do it! On the back page are some useful addresses if you need some more information

Knowing you have pre-diabetes gives you the chance to make positive steps towards a healthier lifestyle.

Know your risk!

This page shows you all the things that make people more at risk from diabetes. Tick all the boxes that apply to you. The more ticks, the greater your risk

Risk Factor	✓
I have had angina, a heart attack or a stroke in the past	
I am overweight (use the chart on the next page to check)	
I have high blood pressure or take tablets for blood pressure	
I have high cholesterol or take tablets for cholesterol	
I smoke or have given up	
I am white and 40 years or older	
I am Asian, Black or Chinese and over 25 years	
I had diabetes when I was pregnant	
I am overweight	
I am inactive	
I have a mother, father, brother or sister with diabetes	

Some of these factors you can't do much about, but studies have shown that changes in your lifestyle (Eg: an increase in activity, weight loss and a healthier diet) can significantly reduce your chances of going on to develop diabetes. Eating a healthier diet and exercising will both help with weight loss.



My Prevention Plan

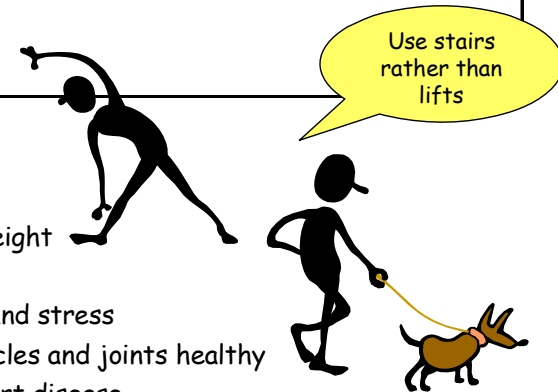
Now its your chance to record some changes that you can make to your diet. Remember you need to start with small changes, if you change too much you are less likely to stick with it. Complete the table below by answering the questions

To improve my diet I will:
A barrier to this may be:
How I will overcome that barrier:

Activity

Being active helps you:

- Lose and maintain Weight
- Improves mobility
- Reduces depression and stress
- Keep your bones muscles and joints healthy
- prevent coronary heart disease
- Prevent developing diabetes, colon cancer and high blood pressure



What activity should I do?

Be as active as possible as often as you can. This means an activity that makes you slightly out of breath, however you should still be able to hold a conversation. You should aim to work up to at least 30 minutes of activity each day. You don't have to do this activity all in one go, you can spread it out throughout the day, but do at least 5 minutes at a time. Try do do a little more each day. This does not mean that you have to go out and buy lycra shorts and run round the park! You should aim to find something you enjoy and can fit into your lifestyle.

Healthy Eating

For a diet to be healthy it needs to be balanced. These pages show you the proportions of the different types of food you should try to eat. This table doesn't show you the amounts you should eat but the proportions

Fruit and Vegetables

Aim for 5 or more servings each day

1 serving = 1 apple, 1 banana,
2 tablespoons of vegetables,
small bowl of salad,
1 small glass of
unsweetened fruit juice



Bread, Potatoes and other Cereals

Aim for 4 servings each day

1 serving = 1 slice of bread
2 baby boiled potatoes
 $\frac{1}{2}$ medium jacket potato
2 tablespoons of cooked rice
2 tablespoons of cooked pasta
1 weetbix
1 plain biscuit
 $\frac{1}{2}$ bread roll
3 tablespoons of dry cereal

Meat, Fish and Alternatives

Aim for 2-3 servings each day

1 serving = 75g cooked meat
100g of cooked fish
125g cooked beans or lentils

Oily fish such as kippers, mackerel, herring and salmon is good for you, try to eat 2 portions a week

Try to cut down on red meat

Fatty and Sugary Foods

Try not to eat these too often and when you do, have small amounts. These foods are high in calories and cause weight gain

Cut down on deep fried foods. Cut down on cakes, biscuits and pastries. Avoid sweetened drinks (use diet and unsweetened ones instead)

Milk and Dairy Foods

Aim for 3 servings each day

1 serving = $\frac{1}{3}$ pint milk,
25g hard cheese
1 small pot Yoghurt

Skimmed or Semi-skimmed milk is better than full cream milk