

Are You At Risk For Diabetes? Check It Out!

Do you know if you're at risk for diabetes—or already have pre-diabetes? People with pre-diabetes have blood glucose levels that are higher than normal, but lower than the diabetes range. Your doctor determines if you have pre-diabetes with one of two tests: the oral glucose tolerance test or the fasting plasma glucose test.



According to the American Diabetes Association, about 57 million people in the United States have pre-diabetes.

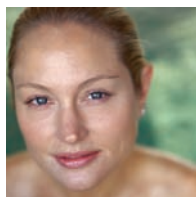
Having pre-diabetes puts you at greater risk for developing type 2 diabetes and may begin to cause long-term damage to the heart and circulatory system. But there's good news, too. If you're at risk for diabetes or already have pre-diabetes you can take steps now to delay or prevent type 2 diabetes from ever developing. Below are answers to some common questions about diabetes risk.

How do I know if I'm at risk for diabetes?

See the Diabetes Risk Checklist to learn whether you're at risk or take the risk test at diabetes.org.

Who should get tested for diabetes or pre-diabetes?

It's a good idea to get tested if you're 45 years old or older,



especially if you're also overweight (a body mass index (BMI) of 25 or more). Visit wellness-and-you.com and click on the BMI calculator to learn your BMI. You should also get tested if you are younger than 45, overweight, and have one or more risk factors for diabetes (such as family history, women who have had a baby over 9 pounds). You may also be at increased risk if you are of Latin American, African American, Pacific Islander or Native American heritage. Talk with your doctor about your diabetes risk and how to get tested.



Can children be at risk for type 2 diabetes?

Yes. In fact, type 2 diabetes and its risk factors are increasing among children, especially African American, Latinos and Native Americans. It's a good idea to discuss your child's diabetes risk with his or her doctor, especially if your child is overweight or diabetes runs in the family.



What can I do if I'm at risk for diabetes or already have pre-diabetes?

These simple steps can help you reduce your risk or prevent or delay type 2 diabetes:

- Follow a balanced eating plan that includes a variety of nutrient dense foods and healthful beverages. Learn the right amount of calories



to achieve and maintain a healthful weight and practice portion control. Discover the MyPyramid eating plan for you and your children at MyPyramid.gov and MyPyramid.gov for kids.



- Be active. Shoot for 30 minutes of physical activity on most days of the week (60 minutes if you're trying to lose weight). Encourage children to engage in active play and physical activity.
- If you're overweight, lose weight. Shedding even a few pounds (5-10% of body weight)— for example, 10 to 20 pounds for a 200-pound person— reduces your diabetes risk.
- For overweight children limit screen time (television, video games and online activities) to encourage more physical activity.
- Keep your blood pressure and cholesterol levels under control.



Diabetes Risk Checklist

- You are age 45 or older.
- You are overweight (a body mass index (BMI) of 25 or more).
- You have a parent, sister or brother with type 2 diabetes.
- You are physically active fewer than three times a week.
- You're a woman who had gestational diabetes, or have given birth to at least one baby weighing more than 9 pounds.
- Your family background is Alaska Native, American Indian, African American, Hispanic/Latino, Asian American or Pacific Islander.
- Your blood pressure is 140/90 mm Hg or higher, or you've been told you have high blood pressure.
- Your cholesterol levels are not normal. Your "good" HDL cholesterol is below 35 mg/dL, or your triglyceride level is above 250 mg/dL.
- You have a history of cardiovascular disease.
- You've already had a test that showed pre-diabetes: a fasting plasma glucose test result =100 mg/dl but < 126 mg/dl, or an oral glucose tolerance test result =140 mg/dl but < 200 mg/dl.
- You have a condition associated with insulin resistance (when the body's cells don't respond normally to insulin), such as acanthosis nigricans or polycystic ovary syndrome (PCOS).

(Above checklist adapted from NIDDK site: www.diabetes.niddk.nih.gov/dm/pubs/riskf or type2/index.htm)

Visit www.goodeatinggoodliving.com or call 1-888-KRAFT 4U for more information and to join "Good Eating, Good Living", a free program for people who care about diabetes. For more information about diabetes, prevention and treatment, also visit Diabetes.org.



Wellness & You! is a nutritional and educational program designed to provide ongoing health and wellness information as well as a variety of healthy food choices. The Wellness & You! program takes a fresh approach to offering the educational information you are looking for to make healthy dining decisions.

We have a strong commitment to offering balance and variety in the food we offer. The Wellness & You! nutrition criteria meet the dietary guidelines of most health organizations in North America including the Dietary Guidelines for Americans, The American Dietetic Association and the American Heart Association.

Dietary Guidelines for Americans

- Consume a variety of foods within and among the basic food groups while staying within energy needs.
- Control calorie intake to manage body weight.
- Be physically active every day.
- Increase daily intake of fruits, vegetables, whole grains, and nonfat or low-fat milk and dairy products.
- Choose fats wisely for good health.
- Choose carbohydrates wisely for good health.
- Choose and prepare foods with minimal salt.
- If you drink alcoholic beverages, do so in moderation.
- Keep food safe to eat.



Are You At Risk For Diabetes?



Feeding your body, mind, and spirit

