

NOVEMBER
is NATIONAL DIABETES MONTH

Mt. Olivet Baptist Church-Health Ministry: 1 Corinthians 10:31 - So whether you eat or drink, or whatever you do, do all to the glory of God

Prediabetes

What is Prediabetes:

- Blood sugar levels are higher than normal, but not high enough for a diabetes diagnosis

It is common:

- More than 84 million (1 in 3) American adults have prediabetes
- Almost 90% percent of those people don't know they have it
- Can increased the risk for; Type 2 diabetes, heart problems and stroke

It can be reversed or diabetes can be delayed:

- You can prevent or delay prediabetes from developing into type 2 diabetes

Who is at risk:

- Overweight
- 45 years of age or older
- Family history of type 2 diabetes
 - Mother, father, brother or sister
- Having diabetes during pregnancy (Gestational diabetes)
- Race and ethnicity

These healthy habits will help keep your risk low:

- ✓ Get at least 150 minutes of physical activity a week.
- ✓ Keep your weight in a healthy range.
- ✓ Eat healthy foods, including lots of fruits and veggies.
- ✓ Drink more water and fewer sugary drinks.
- ✓ Don't smoke.