

## **DIABETES PREVENTION**

Is it possible to delay or even prevent type 2 diabetes from ever developing? Yes it is. There is a lot you can do yourself to know your risks for pre-diabetes and to take action to prevent diabetes if you have, or are at risk for, pre-diabetes.

### **Pre-diabetes**

Before people develop type 2 diabetes, they almost always have "pre-diabetes" -- blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. There are 54 million people in the United States who have pre-diabetes.

### **Diabetes Risk Test**

Take a diabetes risk test online at [www.diabetes.org](http://www.diabetes.org) to see if you are at risk for developing diabetes. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. If you are a member of one of these ethnic groups, you need to pay special attention to this test.

### **Diabetes PHD: Health Risk Calculator**

Diabetes PHD (Personal Health Decisions) is a powerful new risk assessment tool. It can be used to explore the effects of a wide variety of health care interventions, including losing weight, stopping smoking, and taking certain medications.

### **How to prevent or delay diabetes**

Pre-diabetes is a serious medical condition that can be treated. The good news is that the recently completed Diabetes Prevention Program study conclusively showed that people with pre-diabetes can prevent the development of type 2 diabetes by making changes in their diet and increasing their level of physical activity.

<http://www.diabetes.org/diabetes-prevention.jsp>