

Prediabetes

What is Prediabetes?

- **Prediabetes** is when your blood sugar is high, but not high enough to be Type 2 diabetes. If left untreated, prediabetes can turn into Type 2 diabetes.

What is a Hemoglobin A1C?

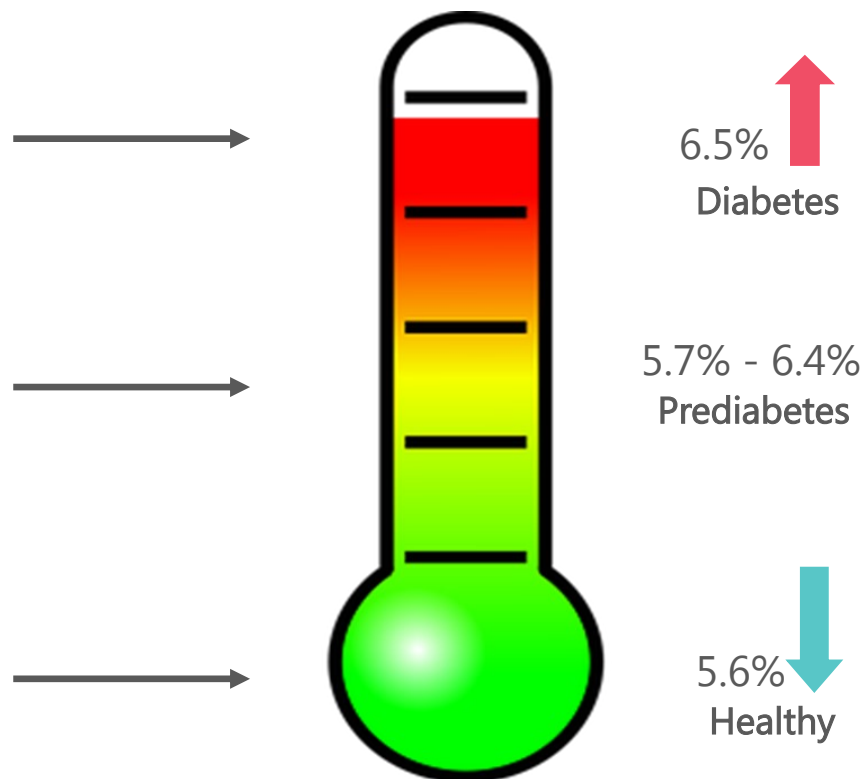
- **Hemoglobin A1C** is a number that tells us about your blood sugar over the past 3 months. It is shown as a percent (%). Doctors use it to see if you have prediabetes or diabetes. It is also used to check if your blood sugar is getting better or worse over time.

How do I know if I have prediabetes?

If your A1C is 6.5% and higher, you have diabetes.

If your A1C is between 5.7% to 6.4%, you have prediabetes. This means you are at a higher risk of getting diabetes.

If your A1C is 5.6% and lower, you are within a healthy range.



What makes A1C high?

There are many reasons your A1C could be high, such as:

- The food you are eating
- Stress
- Family history (if someone in your family has prediabetes or Type 2 diabetes)
- Smoking



How can I lower my A1C?

There are many things you can do to lower your A1C, such as:

- Drink less sugary drinks (such as sodas and fruit juices)
- Eat more whole grains (such as whole wheat bread, brown rice, and oatmeal)
- Eat more veggies each day
- Get regular exercise
- Manage your stress



If you've recently been told that your A1C is high:

Talk with your CHN Nutritionist! They can help you with:

- Food and lifestyle changes that will help prevent Type 2 Diabetes.