EVERY DAY WAYS TO REDUCE YOUR RISK OF DEVELOPING TYPE 2 DIABETES

Pre-diabetes management guide

WHAT IS PRE-DIABETES?

Pre-diabetes describes a condition in which blood glucose levels are higher than normal, but not high enough to be diagnosed with type 2 diabetes. People living with pre-diabetes are at high risk of developing type 2 diabetes.

PRE-DIABETES IN AUSTRALIA

If you have been diagnosed with pre-diabetes, you're not alone. Around 2 million Australians are living with pre-diabetes and because there are no obvious signs and symptoms, many are unaware of their abnormal blood glucose levels.

The good news is there are positive changes you can make to reduce your risk of developing type 2 diabetes. Up to 58% of new type 2 diabetes cases can be prevented by making positive lifestyle changes.

WHAT YOU CAN DO

- Choose a healthy diet of foods from the five food groups and limit junk foods
- Be more physically active every day
- Even a small amount of weight loss can make a difference

MAKING POSITIVE CHANGES

Making changes can be challenging, but remember you can start with small steps that can make a big difference. For example, did you know that a weight loss 5-10% of overall body weight can help prevent type 2 diabetes in nearly 6 out of 10 people?

HOW TO USE THE PRE-DIABETES MANAGEMENT GUIDE

You and your GP can use this guide to develop ideas on ways to set you in the right direction to choosing a healthier diet, exercising more often and achieving weight loss. Together with your GP, use the space below each to add in tips specific to your lifestyle.

TIPS FOR CHOOSING A BALANCED DIET

- Use the Australian Dietary Guidelines as a guide for how many serves of each of the five food groups you need every day – use the **Nutrition Calculator** on **foodsthatdogood.com.au** to discover the five food groups and daily serve recommendations
- Drink water or milk instead of sugar-sweetened drinks or alcoholic drinks
- Eat slowly and savour every mouthful

More ways to reduce my risk of type 2 diabetes:

To find out more go to foodsthatdogood.com.au

FOODS THAT DO GOOD

LEGENDAIRY Dairy Australia

Baker HEART & DIABETES INSTITUTE

TIPS FOR INCREASING PHYSICAL ACTIVITY

- Aim for at least 30 minutes of exercise on most, if not all, days of the week
- If you can't fit on 30 minutes most days, try for three 20-minute sessions of 'vigorous intensity' exercise per week instead
- Try to include some resistance exercise twice a week to improve the way your muscles work
- Join up with a group or motivated friend to encourage you to keep going
- If you sit for long periods, try getting out of your chair every 30 mins

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TIPS FOR ACHIEVING WEIGHT LOSS

- Avoid fad diets and choose a balanced diet of foods from the five food groups
- Don't skip meals to lose weight and plan a healthy breakfast, lunch and dinner every day
- Choose healthy snacks such as a piece of fruit, vegetables, milk, cheese, yoghurt or a small handful of nuts
- Limit junk foods such as cakes, biscuits, chocolates and soft drink

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