



**Wespath**

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

## Prediabetes—Frequently Asked Questions

**Q: What is prediabetes?**

**A:** Prediabetes is a condition in which blood glucose (sugar) is higher than normal, but not yet high enough to be diagnosed as diabetes. People with prediabetes are moving toward developing Type 2 diabetes and are at increased risk for serious health problems such as stroke and heart disease.<sup>1</sup>

**Q: How do I know if I have prediabetes?**

**A:** Most people who have prediabetes do not know it. Your primary care provider (PCP) can diagnose whether you have the condition through a blood test. And you can take a simple test at [www.DoiHavePrediabetes.org](http://www.DoiHavePrediabetes.org) to see if you are at risk or likely to have the condition.

**Q: Prediabetes isn't as bad as diabetes, right?**

**A:** Yes, but within five years, 15-30% of those with prediabetes develop Type 2 diabetes with higher risks of heart disease, stroke, and other health problems. At the stage of prediabetes, you can **reverse** the process with simple lifestyle changes. With such changes you may **never develop** diabetes or **delay** its development.<sup>1</sup>

**Q: But doesn't that require losing a lot of weight or major lifestyle changes?**

**A:** Losing just 5-7% of your body weight can prevent or delay the development of diabetes.<sup>1</sup> That's about 10 to 15 pounds for a 200-pound individual. Sounds more manageable, right?

**Q: Although I may be at risk, what if I don't have any symptoms and feel fine?**

**A:** Most people with prediabetes don't have any symptoms. One in three Americans already has prediabetes and approximately 90% of them are not aware.<sup>1</sup>



Among United Methodist clergy, spouses and lay employees, the rate is even higher! In a group of almost 6,400 UMC clergy, spouses and lay employees who had their blood tested in the 2015 Blueprint for Wellness (BFW), **46%** met criteria for prediabetes. This does not include the 10% who already have diabetes. The good news is that those who completed BFW at least know their risk!

**Q: What are the prediabetes indicators?**

**A.** Most often a fasting blood glucose or hemoglobin A1C test is used to screen for prediabetes. The A1C test provides information about your average blood glucose levels over the past three months. A standard blood glucose test only measures your blood glucose at one point in time. Your health care provider may use one or both of these tests to check for diabetes or prediabetes.<sup>2</sup>

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1. [www.doihaveprediabetes.org/faq.html](http://www.doihaveprediabetes.org/faq.html)

2. [www.niddk.nih.gov/health-information/health-topics/Diabetes/insulin-resistance-prediabetes/Pages/index.aspx](http://www.niddk.nih.gov/health-information/health-topics/Diabetes/insulin-resistance-prediabetes/Pages/index.aspx)

# Prediabetes Q&A

**Q: I've also heard of "metabolic syndrome" and "insulin resistance." Are these similar or related to prediabetes?**

**A.** Yes. Although each condition has a different specific definition, they often occur together and mean an increased risk of heart disease, stroke, Type 2 diabetes and/or other health problems. All of these conditions can be improved with moderate exercise and a healthy diet.<sup>2</sup>

**Q: Where can I get more information about prediabetes?**

**A.** Visit [DolHavePrediabetes.org](http://DolHavePrediabetes.org) to see if you are at risk, and find more information and helpful resources. You can also talk to your primary care provider and the Center for Health Wellness Team at [wellessteam@wespath.org](mailto:wellessteam@wespath.org) for support on this and other wellness topics.

**Q: What resources are available to help in making needed lifestyle changes?**

**A.** A number of different resources are available, regardless of your health plan.

- A National Diabetes Prevention Program may be offered in your community—visit [DolHavePrediabetes.org](http://DolHavePrediabetes.org) and click on "Learn More" under "Join the National DPP." Online programs are also available and can be found from this link. (Check with your health insurer regarding potential coverage for this program.)
- Consider signing up for text message tips—on the [DolHavePrediabetes.org](http://DolHavePrediabetes.org) homepage, click on the cell phone icon at the top right of the page.
- Your local YMCA may offer the National Diabetes Prevention Program. Check it out at [www.ymca.net/diabetes-prevention](http://www.ymca.net/diabetes-prevention).
- Check out the American Diabetes Association website at [www.diabetes.org](http://www.diabetes.org) or call at 1-800-DIABETES (1-800-342-2383).
- Learn to use the Nutrition Facts label on food to choose healthier options: [www.choosemyplate.gov/sites/default/files/sites/default/files/images/NutritionFactsLabel.pdf](http://www.choosemyplate.gov/sites/default/files/sites/default/files/images/NutritionFactsLabel.pdf). New food label requirements from the USDA will take effect in 2018. Added sugar must be included and serving sizes based on what most individuals typically consume at one time (i.e., one bottle of a beverage).
- Many UMC conferences and groups not participating in HealthFlex, do participate in the Virgin Pulse well-being program. Virgin Pulse offers an activity tracker, incentives, and support in developing healthy lifestyle habits. Check with your benefits administrator to see if Virgin Pulse is available to you.
- Your health plan/carrier may offer other programs and services. You can call your benefits administrator for information or call your health plan carrier directly (e.g., UnitedHealthCare, BlueCross BlueShield).

*Wespath is providing information in this publication as an educational service to illustrate some practices that may have positive impact on well-being. Wespath's sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor legal, counseling, accounting, tax, or other professional advice or services on any specific matter.*

