



# Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

## Diabetes Prevention Resources



### One in Three Americans Have Prediabetes

The number of Americans diagnosed with Type 2 diabetes and prediabetes is increasing at an alarming rate. Prediabetes is a condition in which blood glucose or hemoglobin A1C levels (reflects average glucose over three months) are higher than normal, but not yet high enough to diagnose diabetes.<sup>1</sup>

### Prevention

The Centers for Disease Control and Prevention (CDC) estimates that 90% of those with prediabetes don't even know<sup>1</sup>. The rate of prediabetes is even higher in the UMC. 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) screening, **46%** met criteria for prediabetes. This does not include the 10% who already have diabetes. The good news is that those who completed BFW know their risk and can delay or prevent development of diabetes through lifestyle changes.

Diabetes is the leading cause of blindness and kidney failure in the U.S.,<sup>2</sup> and is a major contributor to other health problems. Diabetes requires life-long daily management. The costs associated with diabetes are high, both for the person with diabetes and his or her employer and community. The good news is: ***in most cases, diabetes can be prevented!***

### We Can Help

In conjunction with a nationwide diabetes prevention movement, Wespath is offering this Diabetes Prevention Toolkit tailored to the UMC. John Wesley promoted good stewardship of physical health and well-being through practices such as: maintaining a healthy weight, eating a healthy diet and getting regular exercise. These same practices also help prevent or delay the onset of diabetes.

We invite you to distribute these resources to clergy and lay employees in your annual conference or employee group. By working together, we can support vitality in mission and ministry in the UMC!

1. [www.doihaveprediabetes.org/faq.html](http://www.doihaveprediabetes.org/faq.html)
2. [www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2011.pdf](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf)

*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.*

### In this toolkit, you will find:

- Prediabetes FAQ
- Congregational Tips
- Prediabetes Screening Test handout: [www.cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf](http://www.cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf)
- Prediabetes in the United States infographic: [www.cdc.gov/diabetes/pubs/statsreport14/prediabetes-infographic.pdf](http://www.cdc.gov/diabetes/pubs/statsreport14/prediabetes-infographic.pdf)
- How to use the Nutrition Facts label handout: [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)

Contact the Wellness Team at [wellnessteam@wespath.org](mailto:wellnessteam@wespath.org) for help or support on this and other wellness topics.