



Reduce your risk of diabetes

Changing your lifestyle can approximately halve your risk of progressing from prediabetes to type 2 diabetes. Here is what you can do:

- reduce your weight by 5-10 per cent
- eat smaller portions and reduce your daily calorie intake
- learn about foods that contain high sugar and hidden fat
- eat three meals a day including 5+ servings of fruit and vegetables
- drink water instead of sugary drinks
- be physically active for at least 30 to 60 minutes every day.



Are you at risk of prediabetes?

- Are you overweight?
- Do you have a family history of diabetes?
- Did you have gestational diabetes during pregnancy?
- Are you Māori, Pacific or Indo-Asian ethnicity?

If you have any of these risk factors, book in for a prediabetes screen with your doctor.



Your health and your whānau's health is important

Information supplied by Health Navigator website, healthnavigator.org.nz. Health Navigator is a not-for-profit resource for the public and health professionals wanting trusted New Zealand health information. You can find out more about diabetes, HbA1c and insulin on the website.



PREDIABETES ENDOCRINE HEALTH



80% of type 2 diabetes is preventable



Get information about prediabetes risks and prevention:
healthnavigator.org.nz

What is prediabetes?

Your body needs a constant source of glucose – a type of sugar – for your cells to make energy. Prediabetes means the amount of glucose in your blood is higher than normal, and you're at much higher risk of developing diabetes.

Complex hormone and digestive systems keep the level of glucose in your blood within the ideal range. Every time you eat more than your body needs for energy, you store the excess in your organs and tissues as fat. Over time, this excess builds up and damages organs such as your pancreas and liver. You can develop prediabetes and, if you don't act to reverse this process, the damage continues and you're more likely to develop type 2 diabetes, heart disease and stroke.

As the rates of obesity and being overweight have increased in New Zealand, so have the rates of prediabetes. It now affects about 1 in 4 New Zealanders aged 15 or over.



Signs & symptoms

You won't know if you have prediabetes as there are no obvious symptoms. So it's important to know the risk factors and see your doctor if you have any of them.

What are the risk factors for prediabetes?

- Being overweight or obese.
- Having a family history of type 2 diabetes.
- Adults of Maori, Pacific or Indo-Asian ethnicity.
- Women with a history of gestational diabetes or a large baby (birth weight 4.5 kg or more).
- Adults on long term steroid or antipsychotic treatment.
- Adults with ischaemic heart disease, cerebrovascular disease or peripheral vascular disease.
- Everyone else as they become due for a cardiovascular risk assessment at age 35, 45 or 55.

➔ If you have any of these risk factors, see your doctor or nurse for a screening test.



How is prediabetes diagnosed?

A diabetes screening test, called an HbA1c test, is used to see if you are at risk of developing diabetes. It's also used as a regular way to monitor people who have diabetes.

HbA1c reflects the average amount of glucose in your blood over the previous 8 to 12 weeks, and measures how much glucose has become stuck onto your red blood cells. It can be performed at any time of the day and doesn't require any special preparation, such as not eating beforehand.

The HbA1c test can also be used to see if you are in the prediabetes range. Finding out you have prediabetes is an opportunity to take action and stop it progressing to type 2 diabetes.