

UĪ TSAŴU NAYADUHARA MIA-GÜ-TI

Sending good words to everyone



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PREVENTING DIABETES

BY SHANNON BEASLEY MPH, RD, CDCES

Before getting diabetes, most people have prediabetes. How do you know if you have prediabetes? Usually it is diagnosed with a blood test, resulting in an A1C of 5.7-6.4% or a blood sugar (glucose) result of 100-125. Prediabetes is very common. According to the CDC more than 88 million US adults have it, though more than 84% of them don't know they do. Good news is that you can prevent or delay type 2 diabetes with proven, achievable lifestyle changes—such as losing a small amount of weight and getting more physically active—even if you're at high risk.

Call Toiyabe Public Health Department to find out more info on the prevent type 2 diabetes (PT2) classes we will be starting in mid August. We would love to have you join and learn more about how to manage and prevent diabetes for yourself and your family. Call (760) 872-2622

Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

1. How old are you?

Younger than 40 years (0 points)
40-49 years (1 point)
50-59 years (2 points)
60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6. Are you physically active?

Yes (0 points) No (1 point)

7. What is your weight category?

(See chart at right)

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points

You weigh less than the 1 Point column (0 points)

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



EASY RECIPE



SPICY CUCUMBER SALAD

4 halved, thinly sliced cucumber
pinch of salt

1-2 clove minced garlic
1 diced serrano or jalapeno
1/2 cup rice vinegar
1 tbsp honey

Mix all of the ingredients together and toss.

Best if chilled before serving

PESHA-TU-MEAH NUMA

sending good blessing to "all the people"

"Treat others with kindness. Even saying a kind word to another, even saying a kind word can make someone feel like a human."

-Barbara Mora

3 STEPS TO LOWER PREDIABETES RISK

BY SHANNON BEASLEY MPH, RD, CDCES

1. Develop healthy eating habits: Choose whole foods (such as fruits, vegetables, beans, fish, nuts, chicken, and whole grains) and reduce eating highly processed foods, sweets, and beverages. Be conscious of the portion sizes being consumed, minimize overeating.

2. Increase movement: Strive toward 150 minutes of moderate activity a week. Any increase from being sedentary is helpful. Getting consistent moderate activity can improve the bodies use of insulin - a key to healthy blood sugars.

3. Join our PT2 class and find out how to manage stress, stay motivated, and solve problems that can help slow or prevent the progression toward diabetes.

Time to get tested?

If you or your family have any risk factors for prediabetes or diabetes ask the providers or public health department at Toiyabe about testing. Prediabetes can be targeted and reversed. Diabetes can be managed to prevent complications.