

# Prediabetes and Prevention



## Why does prediabetes matter?

Prediabetes means your blood glucose levels are higher than normal but not yet in the diabetes range. Without action, many people progress to type 2 diabetes within a few years. The good news: lifestyle changes can significantly lower your risk and often return glucose levels to a healthier range.

## What can I do to prevent or delay type 2 diabetes?

Evidence shows that even small, steady changes can make a big difference. Focus on these areas:

- Healthy eating (balanced meals, fewer sugary drinks, portion awareness)
- Regular physical activity (aim for 150 minutes/week of moderate activity)
- Reaching and maintaining a healthy weight
- Reducing stress and improving sleep
- Following recommendations from your healthcare team

Your care team will help you choose actions that fit your health and daily life.

## What do my numbers mean?

Prediabetes is usually diagnosed using one of the following:

- A1C 6.0–6.4% (average blood sugar over 2-3 months)
- Fasting glucose 6.1–6.9 mmol/L (blood sugar after overnight fast)
- 2-hour glucose (after oral glucose test) 7.8–11.0 mmol/L

## Do I need medications?

Most people start with lifestyle changes. However, medications may be recommended if you have higher glucose levels, a strong family history, or other risk factors.

## What is the goal?

Most people aim to return glucose levels to the normal range or prevent them from rising. Early action can reduce your risk of type 2 diabetes by 40–70% in clinical studies, especially with combined nutrition and physical activity changes.

## Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist