

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