What is Pre-Diabetes?

Learn how to manage and prevent prediabetes!

DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

If you have prediabetes, your blood sugar is higher than normal but not high enough yet to be diagnosed as type 2 diabetes. When someone is diagnosed with pre-diabetes it is possible to reverse your diagnoses with a healthy balanced diet and increased physical activity.

You are considered at risk if you are:

- Have a weight related health risk (ex: Overweight and Obesity)
- Don't get enough physical activity
- Have a parent or sibling with type 2 diabetes
- Have polycystic ovarian syndrome (in women)

How Can Prediabetes be Managed or Treated?

- Enrolling in Diabetes Prevention Program for online and in-person sessions that teach how to eat healthy, add physical activity to daily life, and manage stress.
- Eat a balanced diet, including more fruit, vegetables, and protein. Also, limit processed foods and sugary foods.
- Stay active—aim for 30 minutes of exercise most days (walking, running, cycling, dancing, or stair climbing).

Resources

For tips and resources to help you build and maintain healthy habits you can:

» **LivingWell DC:** Visit livingwell.dc.gov for tools to help you eat better, move more, manage stress, and visit your doctor.

» **DC QuitNow:** Get free help quitting smoking and vaping. Call **1-800-QUIT-NOW** or visit dcquitnow.org

» **LinkUDMV:** Find free and affordable blood pressure monitoring programs. Search "blood pressure" at linkudmv.org

» **DPR:** Get moving with programs for every fitness level at DC Parks and Rec: dprprograms.splashthat.com

» **Know Your Risk:** Take the prediabetes risk test at cdc.gov/prediabetes/risktest/index

» **Build Healthy Habits:** DC SNAP-Ed offers free nutrition and physical activity classes. To find a class, visit the Event Calendar on at livingwell.dc.gov/events or email info.snap-ed@dc.gov.

» **Healthy Eating:** Visit myplate.gov. The USDA offers healthy eating tips and information including budget-friendly healthy recipes.