



## Reduce your risk of diabetes

Changing your lifestyle can approximately halve your risk of progressing from pre-diabetes 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 and have less of them in your diet
- eat more whole foods, avoid processed foods and include 5+ daily servings of fruit and vegetables
- drink water instead of sugary drinks
- be physically active for at least 30 – 60 minutes every day.

Find more tips, apps and resources at [www.healthify.nz](http://www.healthify.nz)



## Are you at risk of pre-diabetes?

- Are you overweight or obese?
- Do you have a family history of diabetes?
- Did you have gestational diabetes during pregnancy?
- Are you of Māori, Pasifika or Indo-Asian ethnicity?
- Do you have cardiovascular (heart) disease?
- Are you on long-term steroid or antipsychotic treatment?



If you have any of these risk factors, book in for a pre-diabetes screen with your healthcare provider.

### Your health is important



This information is sourced from the Healthify He Puna Waiora website, which offers easy to understand resources. **Healthify He Puna Waiora is brought to you by the Health Navigator Charitable Trust.**



## PRE-DIABETES ENDOCRINE HEALTH



# 80% of type 2 diabetes is preventable



Get information about pre-diabetes risks and prevention:  
[www.healthify.nz](http://www.healthify.nz)

# What is pre-diabetes?

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

Every time you eat more than your body needs for energy, you store the excess in your organs and tissues as fat. Over time, these fatty deposits can damage key organs, such as your pancreas and liver, and lead to your body's cells becoming less sensitive to insulin. This leads to your blood glucose rising, causing pre-diabetes.

People with pre-diabetes are at increased risk of developing type 2 diabetes and heart disease. However, if you follow a healthy lifestyle at this stage, you have a chance to delay or prevent developing type 2 diabetes in the future.

As the rates of obesity and being overweight have increased in New Zealand, so have the rates of pre-diabetes. It now affects about one in four New Zealanders aged 15 or over.



# Signs & symptoms

It is not always easy to tell whether you have pre-diabetes. Early signs of regular high blood glucose levels can include:

- extreme thirst
- needing to pee often
- dry skin
- feeling hungry
- blurred vision
- feeling drowsy
- wounds being slow to heal.

If you have noticed some or all of these symptoms, or if you have any of the risk factors listed on the other side of this brochure, see your healthcare provider for a screening test.



# How is pre-diabetes 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 – 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.

An HbA1c test will tell you if you have pre-diabetes. If you have, now is the time to make some lifestyle changes so you don't develop type 2 diabetes.