

Understanding Prediabetes



CONTRA COSTA
HEALTH

Did you know?

If you have been diagnosed with prediabetes, you're far from alone. Roughly 1 out of every 3 Americans—96 million of us—has prediabetes. Prediabetes is a health condition that can be silent. It can pave the way for type 2 diabetes and other complications.

Prediabetes: The Inside Story

With prediabetes, blood sugar levels are higher than normal. It is not high enough to be diagnosed as type 2 diabetes—yet.

Carbohydrates in the food we eat get turned into glucose, or sugar. Glucose is the main fuel for our cells. The pancreas—an organ near the stomach—produces insulin. Insulin is a hormone that carries glucose into our cells. With prediabetes, your pancreas still produces insulin, but your cells begin to stop responding to it. This may make your pancreas pump out extra insulin to try to keep up with the increased blood sugar demands.

Over time, however, this strategy fizzles out. Your pancreas can't keep up. Your blood sugar also rises to a level that's higher than normal. Fasting blood sugar levels between 100 and 125 mg/dL may be a sign for prediabetes. Your primary care provider should make that suggestion. Prediabetes can set the stage for type 2 diabetes, heart disease and stroke.

Change can be Challenging

Work with your primary care provider to create a prediabetes management plan. This plan can help you make these healthy lifestyle changes stick. Contact your primary care provider if your condition gets worse.

Defeat Prediabetes

The good news? Having prediabetes is a chance to change paths by making lifestyle changes. These three important steps may help prevent or delay prediabetes from developing into type 2 diabetes:

1. Tweak your diet. Eating a healthy diet can help you keep your blood sugar in check. The time is ripe to eat plenty of fresh fruits and vegetables and fiber-rich whole grains, such as oatmeal and brown rice, and to limit sweets and sugary foods and beverages.

2. Guard against weight gain. If you're overweight, shed as little as 5% to 7% of your body weight. That is just 10 to 14 pounds if your starting weight is 200 pounds. Losing that weight can make a big difference in managing blood sugar.

3. Take action. Physical activity helps lower blood glucose. Try to exercise at least 150 minutes per week. That is just 30 minutes per day, five times a week. You can raise your heart rate with brisk walking or something similar.

Diabetes Resources

We want your feedback.
Take our quick survey!



Here in Contra Costa

You can access the following services to help you manage your care. If you have questions about diabetes or heart disease, or to talk about screenings, make an appointment with one of our providers by calling **1-877-661-6230**.

Diabetes Self-Management Education and Support Program (DSMES):

A 5-week program designed to teach self-management tools that can help you take control of your diabetes and delay or prevent complications.



Ask your provider for a referral or visit inspiringcommunities.org.

Gojji - Diabetes Management Service

Gojji provides glucometers and disease management services. The glucometers allow Gojji to see your blood sugar test results. They have dieticians and pharmacists that can help you control your blood sugar.

Eligibility:

- CCHP Medi-Cal Member.
- Diabetes with A1c >7.0%.
- Have a prescription for a glucometer.
- Must agree to share information with Gojji.



Call Member Services at **1-877-661-6230**, ask your provider for a referral, or visit gojji.com.

Health Education



Get access to more health tips, healthy recipes, exercise recommendations and more related to diabetes and heart health by visiting healthd.cchealth.org or scanning the QR code.

Diabetes Prevention Program (DPP)

DPP is a program to help you make lifestyle changes to prevent type 2 diabetes. The program is virtual, in 1-hour sessions. You'll learn how to make realistic goals with a trained lifestyle change coach while having fun discussions.

Eligibility:

- 18 years or older.
- Overweight.
- Has prediabetes or gestational diabetes.

Ask your provider for a referral or visit inspiringcommunities.org.

Medically Tailored Meals/Medically Supportive Foods

Some people may qualify to have meals or groceries sent to their homes. These menus are created for certain health needs. This program may also include cooking and/or nutrition education. If you have one of the following, talk to your provider today:

- Gestational diabetes.
- Poorly controlled diabetes.
- Poorly controlled heart failure.
- ESRD on dialysis.
- Metabolic syndrome.

Talk to your case manager, PCP, or other provider about getting a referral. You can also call CCHP Member Services at **1-877-661-6230**.