



# Take a NOURISH Step!

## A Sweet Reminder This February: Check In on Prediabetes Risk

### Did you Know?

80% of people with prediabetes don't know they have it!

### What is Prediabetes?

Prediabetes is high blood sugar levels that don't quite meet the criteria for a diabetes diagnosis, but could mean a higher risk for diabetes in the future.

**Prediabetes is identified by at least one of the following criteria:**

- Fasting blood sugar of 100 mg/dL to 125 mg/dL
- A blood sugar of 140 mg/dL to 199 mg/dL within 2-hours of a meal
- A1C of 5.7% to 6.4%



### Why is it a big deal?

- People with prediabetes have a **50% risk of developing diabetes** within 5 years and have an **elevated risk** of developing:
  - Chronic kidney disease
  - Heart disease
  - Stroke
- Lifestyle changes and medications may have a big impact on reducing the risk of diabetes development in individuals with prediabetes.



### Preventing and Managing Prediabetes

Exercising, healthy eating, avoiding smoking, and managing blood pressure are reported to be the most effective lifestyle approaches for managing prediabetes and preventing type 2 diabetes

**Exercise:** Engage in at least 150 minutes per week of a moderate activity such as walking

**Healthy Eating:** Eat a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats.

**Healthy Habits:** Avoid smoking, decrease alcohol consumption, and focus on water intake

**Managing Blood Pressure:** Focus on a balanced diet, reduce salt intake, and manage stress levels.

### Importance of Hydration

Staying hydrated helps maintain steady blood sugar levels.



**\*NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

## “Hearty” Oats w/ Fruit

### Ingredients:

- 1 apple
- 2 cups nonfat or 1% milk or water
- 1 cup quick-cooking oats or old fashioned rolled oats
- ½ teaspoon salt (optional)
- ½ teaspoon cinnamon
- 1 tsp brown sugar or honey (optional)
- ½ teaspoon nutmeg (optional)

### Directions

- Rinse the apple, remove the core and cut into small chunks.
- Bring the water or milk to a boil in a saucepan.
- Add the oatmeal, salt and apple chunks. Cook over medium heat for 1 minute if using quick cooking oats or 7 to 10 minutes if using old fashioned rolled oats. Stir a couple times while cooking.
- Remove from heat. Stir in cinnamon, brown sugar and nutmeg, if desired.
- Refrigerate leftovers within 2 hours.

### Variations:

You can substitute any fruit. Add nuts, or nut or seed butter to increase protein.

Recipe adapted from  
<https://foodhero.org/recipes/apple-spice-oatmeal>



Photo used with permission from  
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## Quick Balance & Strength Tests

### Test #1

- **30-second sit-to-stand test for strength**
  - Sit mid-chair, feet flat, arms crossed over chest. Stand up and sit down repeatedly for 30 seconds.
- **What to look for:**
  - Typical: 10–19 reps
  - <10 reps = low strength

### Test #2

- **One-leg balance test**
  - Stand with hands on hips.
  - Lift one leg and hold as long as possible.
  - Record the best of 3 attempts.
- **What to look for:**
  - Aim for around 15 seconds



**Keep taking NOURISH Steps and learn more about prediabetes at**  
<https://doihaveprediabetes.org/>

To learn skills, strategies, and view more resources, such as where you can find **Diabetes Prevention Programs in Wisconsin**, please visit: <https://www.dhs.wisconsin.gov/prediabetes/control.htm>

