



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
- $\frac{1}{8}$ teaspoon salt (optional)
- $\frac{1}{8}$ teaspoon cinnamon
- 1 tsp brown sugar or honey (optional)
- $\frac{1}{8}$ teaspoon nutmeg (optional)



Photo used with permission from
<https://foodhero.org/recipes/apple-spice-oatmeal>



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>



Greater Wisconsin
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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>

If you want more pep, take a NOURISH Step!
For more information visit: gwaar.org/nourishstep

