

Step 3: HEALTHY WEIGHT - HEALTHY LIFE

The key to losing weight and preventing diabetes is to make long term changes that work for you - not quick fixes

To achieve and maintain a healthy weight you need to enjoy healthy eating and regular physical activity

- Set a goal you know you can meet
- Change your eating and physical activity habits in stages
- Weigh yourself a maximum of once a week
- Avoid quick fix diets and weight loss products
- Seek advice from your GP, dietitian or diabetes educator

Just maintaining your weight is a step forward if your weight has been increasing

You don't have to cut out the foods you love to eat. Just cut down on the amount you eat, and eat them less often

REMEMBER

It is recommended you have a yearly test with your local doctor to check your blood glucose levels

If you experience any of the following symptoms

- Increased thirst
- Increased urination
- Tiredness
- Blurred vision
- Repeated vision
- Recurrent urinary tract infections or thrush

See your local doctor for an immediate test



For copies of this brochure contact
General Practice Network South Inc

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Adapted from Fremantle Regional Division of General Practice

So you have

Pre-diabetes

(Impaired Glucose Tolerance)

What Now?

Studies have shown that people with pre-diabetes can prevent Type 2 diabetes by losing a little weight and eating a healthy diet

Use the following tips for ideas on moving more and eating better

Take your first steps today!



Pre-diabetes: What is it?

Pre-diabetes is a name used to describe impaired glucose tolerance (IGT) and impaired fasting glucose (IFG). These are conditions where blood glucose levels (often called blood sugar) are higher than normal, but not yet high enough for a diagnosis of diabetes

Pre-diabetes: Who gets it?

Approximately 2 million or 16% of adult Australians have pre-diabetes. It occurs mostly in people who are:

- Overweight
- Physically inactive
- Have high blood pressure
- Have a family history of Type 2 diabetes and/or heart disease
- Have high cholesterol and/or triglycerides (blood fats)

Fact: 7.4 million Australians are overweight or obese because they are not active enough

Fact: Physical activity doesn't have to be vigorous, it just has to be regular

Pre-diabetes: What are the risks? Will I get diabetes?

If you have pre-diabetes you are more likely to:

1. **Develop Type 2 diabetes**
2. **Have a heart attack or stroke**

Blindness, limb amputations and kidney failure are just some of the complications of diabetes. But you are in a position to avoid these problems — just start following the simple steps described here

Can I prevent Type 2 diabetes?

YES you can!

International research has shown that by losing only 5-10% of your body weight (about 5kgs for a 90kg person) and taking part in just 30 minutes of moderate physical activity most days of the week you can significantly delay or prevent Type 2 diabetes

If you follow these steps for healthy living and have a yearly check-up with your local doctor you may be able to reduce your chance of developing Type 2 diabetes and heart disease

Step 1: MOVE MORE

Getting more physical activity every day will help you burn more calories and lose weight. As well as feeling great there are also many other health benefits

How much?

Just 30 minutes of moderate physical activity on most days of the week is all that is needed for good health. This activity can be put together in 10-minute lots

Examples

- Brisk walking
- Sweeping, vacuuming and other energetic household activities
- Raking, digging and other active garden duties

Find something you enjoy that keeps you moving

Ideas on how to fit activity into every day

Walk up the escalator

Take the stairs

Hide the remote

Get off the bus a stop early

Walk the dog

Walk to the shops

Walk the children to school

Park further away

Wash the car

Step 2: ENJOY HEALTHY EATING

Healthy eating means enjoying a variety of foods from different food groups and limiting portion sizes. **It's not about dieting**

Cut down on fat - grill, bake, steam or microwave foods without any added fat or oil. Choose low fat dairy products

2 fruit 'n' 5 veg every day - make vegetables or salad the largest serving on your plate

Look at your plate - you may need to eat less food as well as change the proportions of food on your plate

Include with every meal - high fibre foods (wholegrain breads and cereals, beans, lentils, pasta and rice)

Practical Tips

Use a smaller plate

Alcohol is high in calories and stimulates your appetite. Aim to cut down

Use margarine spreads instead of butter

Limit cheeses and ice-cream to twice a week at the most

Select lean meat (meat trimmed of fat and chicken without skin) and limit sausages and salami

Limit take-away to once/week

Try to limit cakes, pastries and biscuits to special occasions