

Plan for Health: September 2022



This month's highlights include Healthy Tips to Lower Your Risk of Diabetes and the Diabetes Prevention Program

Diabetes Prevention

Lifestyle changes can help prevent the onset of type 2 diabetes, the most common form of the disease.

Prevention is especially important if you are currently at an increased risk of type 2 diabetes because of excess weight or obesity, high cholesterol, or a family history of diabetes.

If you have been diagnosed with prediabetes – high blood sugar that doesn't reach the threshold of a diabetes diagnosis – lifestyle changes can prevent or delay the onset of disease.

Making a few changes in your lifestyle now may help you avoid the serious health complications of diabetes in the future, such as nerve, kidney and heart damage. It's never too late to start!

5 Tips for Taking Control



1. **Maintain a Healthy weight** – The American Diabetes Association recommends that people with prediabetes lose at least 7% to 10% of their body weight to prevent disease progression.
2. **Increase physical activity** – A few benefits to adding regular physical activity to your daily routine include: Losing weight, lowering your blood sugar, and boosting your sensitivity to insulin.
3. **Eat healthy plant foods** – Plants provide vitamins, minerals and carbohydrates in your diet. Fiber-rich foods promote weight loss and lower the risk of diabetes. These may include but are not limited to, tomatoes, peppers, apples, leafy greens, broccoli, cauliflower, beans, chickpeas, lentils, whole-wheat pasta and bread, whole-grain rice, whole oats, and quinoa.
4. **Eat healthy fats** – Unsaturated fats – both monounsaturated and polyunsaturated fats – promote healthy blood cholesterol levels and good heart and vascular health. These may include but are not limited to, olive, sunflower, safflower, cottonseed and canola oils, almonds, peanuts, flaxseed and pumpkin seeds, salmon, mackerel, sardines, tuna and cod.
5. **Skip fad diets and make healthier choices** – Many fad diets such as the glycemic index, paleo or keto diets, may help you lose weight, however, there is little evidence that there are long-term benefits in preventing diabetes. One simple strategy to help you make good food choices and eat appropriate portions sizes is to divide up your plate into three divisions: 1/2 fruit and non-starchy vegetables, 1/4 whole grains and 1/4 protein rich foods such as beans, fish or lean meats.

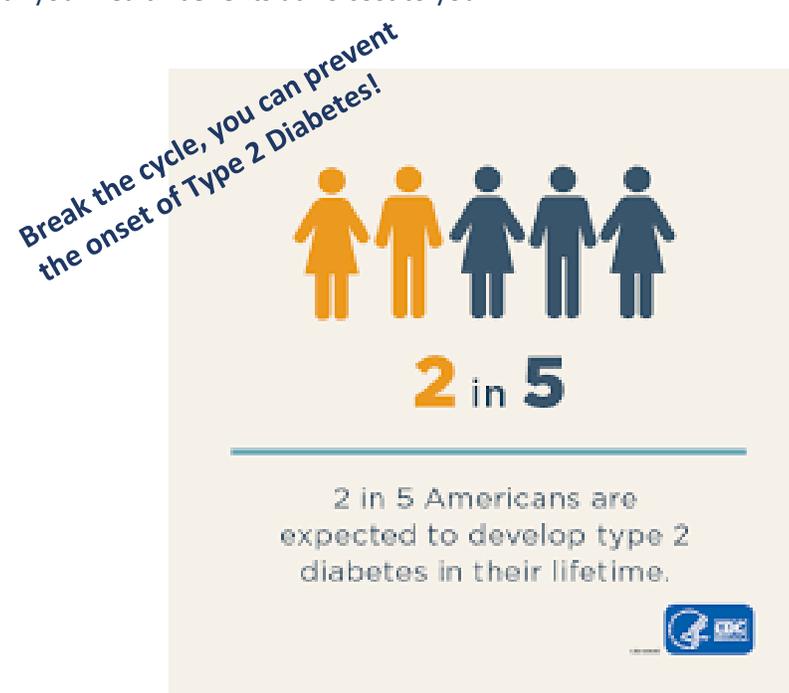
Diabetes Prevention Program

Prediabetes is Reversible! When you register for the Diabetes Prevention Program (DPP), you will learn simple, effective lifestyle changes that can help reverse prediabetes – and help you feel better.

Prediabetes means your blood sugar levels are higher than normal, which can lead to type 2 diabetes.

84 million Americans have prediabetes, and 90% don't know it!

There are online and virtual class options to choose from. Log onto your member website and click on **Diabetes Prevention** to learn more. Or contact **Case Specific Nutrition** directly by email or phone at Admin@casespecificnutrition.com or 412-593-2048 to enroll in a virtual or online class today! It's all included with your health benefits at no cost to you.



Sharecare Featured Challenge

Join the **Quit Sugary Drinks Challenge** this September. Track for 21 days that you reduced your sugary beverage intake to complete the challenge!

Join the challenge by clicking **Achieve → Challenges → Quit Sugary Drinks Challenge begins on 8/25.**

Plan Ahead: Join us next month for **October's** health topics:

Medication Education Month and Immunization Awareness