



# Nutrition News: Winter 2022

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## 96 Million American Adults Have Prediabetes, But Here's The Kicker: 80% Of Them Don't Even Know It... Could This Be You?

### Prediabetes Is a Big Deal and Often Flies Under the Radar

Don't let the "pre" fool you. Prediabetes is a serious health condition. People with prediabetes have higher blood sugar than normal, but not yet high enough for a diabetes diagnosis. You can have it for years without symptoms and this means you likely won't know you have it until serious health problems show up. It puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.



### Risk factors for prediabetes includes:

- Weight.** Carrying extra weight on your body is a primary risk factor. The more fatty tissue you have — especially around your abdomen — the more resistant your cells become to using insulin.
- Waist size.** Large waist sizes can indicate your body isn't using insulin correctly (insulin resistance). The risk of insulin resistance goes up for men with 40+ inch waists and for women with 35+ inch waists.
- Diet.** Unhealthy processed, sweetened, and fried foods and drinks.
- Inactivity.** Being physically active less than 3 times per week.
- Age.** Prediabetes can happen at any age, but risk increases at age 45.
- Family history.** If you have a parent or sibling with type 2 diabetes.
- Race or ethnicity.** Although it's unclear why, certain people — including African American, Hispanic/Latino, American Indian, Pacific Islander, and Asian American — are more likely to develop prediabetes.
- Gestational diabetes.** If you had diabetes while pregnant or had an infant born weighing over 9 pounds.
- Polycystic ovarian syndrome.** Women with this common condition — characterized by irregular menstrual periods, excess hair growth and obesity — have a greater risk.
- Sleep.** People with obstructive sleep apnea — a condition that disrupts sleep repeatedly — have an increased risk of insulin resistance.
- Tobacco use.** Smoking may increase insulin resistance and can increase the risk of type 2 diabetes in people with prediabetes. Smoking also increases your risk of complications from diabetes.

It's real. It's common. And most importantly, it's reversible. You can prevent or delay prediabetes from turning into type 2 diabetes with simple, proven lifestyle changes:

- ⇒ Increase your daily movement and physical activity.
- ⇒ Cut some of the extra sugar or sweetened foods or drinks out of your diet.
- ⇒ Incorporate stress relieving activities—meditation, prayer, deep breathing, exercise, reading, laughing, and journaling, etc.
- ⇒ Lose 5-7% of your body weight, if weight loss is recommended.



**Important tip:** Ask your doctor for a blood test called Hemoglobin A1C. Everyone age 45+ should have this test done. This test measures your average blood sugar level over the past 3 months. (No fasting needed.)

An A1C test result below 5.7% is normal, between 5.7 and 6.4% indicates you have prediabetes, and 6.5% or higher indicates you have diabetes. A1C is an important tool to fully capture your risk level. A fasting blood sugar test will show your blood sugar level at the time of the blood test, but there's a lot of ups and downs throughout most of our days and weeks. The A1C test can capture that and better evaluate your risk. Ask for it at your next physical.

If you're diagnosed with pre-diabetes, don't wait to see what will happen. Research shows that without intervention, most people with prediabetes will develop type 2 diabetes within 10 years.

With Prediabetes **ACTION** is the BEST Medicine.



## Proven Effective

Developed and researched at the University of Wisconsin-Madison, participants who completed the Stand Up program decreased their sitting time by **68 minutes per day!**

## STAND UP AND MOVE MORE➔

Sit more than 6 hours per day?

Join a Stand Up & Move More class to learn:

- How too much sitting time affects you and your health
- The benefits of standing
- Strategies to stand up and move more
- How to set and stick to goals
- How to identify and address barriers

**This program helps you add more standing time into your day so you feel better and improve your health.**

**When:** Thursdays @ 2-3:30 pm  
January 12, 19, 26 & February 2, 2023  
Refresher Session on March 2, 2023

**Where:** Virtual—Zoom

**Cost:** Free (option to donate \$15 to cover class materials)

**Register by:** 1/4/23 by contacting Shannon at 608-261-5678 or [Gabriel.Shannon@countyofdane.com](mailto:Gabriel.Shannon@countyofdane.com)

\*This is NOT an exercise class\*

**MOVE MORE ... Even during these cold winter months. YOU CAN DO IT!**

*The bad news is, time flies.  
The good news is, you're the pilot.*

~ Michael Altshuler

**Pantry Staples** With cold weather ahead, stock up on these shelf-stable foods to create nutritious meals when you're snowed in:

- Canned items—salmon, chicken, tuna, beans, lentils, soups and broths, vegetables (tomatoes, corn, green beans, and carrots), and fruits (pineapple, mandarin oranges, applesauce, peaches, pears)
- Grains, Nuts, Seeds, Fruit—Brown rice, quinoa, oats, rice cakes or crackers, whole grain or vegetable pastas, cereal, nuts, seeds, peanut or almond butters, and dried fruits (apricots, prunes, and raisins)
- Whole foods—potatoes, garlic, and onions
- Shelf-stable milk—powdered, condensed, or boxed almond, rice, or soy
- Oils, Vinegars, Sauces & Spices—Olive, avocado, or canola oil, white or balsamic vinegar, mayonnaise, marinara sauce, ketchup, mustard, jam, honey, and spices (garlic/onion/chili powder, cinnamon, cumin)

## Free Nutrition Counseling

Personal nutrition counseling is offered to adults age 60+ looking for information on ways to improve their overall health. Any nutrition-related questions or concerns can be discussed. Common topics include (but are not limited to): prediabetes and diabetes management, newly prescribed diets due to a health condition, nutrition for healing after surgery, unintentional weight loss, heart health, difficulties chewing or swallowing, poor appetite, acid reflux, constipation, and basic older adult nutrition. To learn more about this free community resource or to schedule an appointment, contact Shannon (*Info below*).

### Nutrition News

For more information on this publication, contact Shannon Gabriel, RDN, CD (608) 261-5678 or [Gabriel.Shannon@countyofdane.com](mailto:Gabriel.Shannon@countyofdane.com)

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