


# Preventing Diabetes

*With lifestyle choices*



A young man with a mustache, wearing a white long-sleeved shirt and dark jeans, stands in the center of the frame with his hands in his pockets. Behind him, a group of five people (three women and two men) are standing in a line, slightly out of focus. The background is a plain, light-colored wall.

**My family has a history  
of Diabetes.**

What steps can I take to try to  
prevent Type II Diabetes?



**Diabetes is a major  
health concern**

A diverse group of people, including men and women of various ethnicities, are standing in a line. They are positioned in front of a large, stylized American flag that fills the background. The flag's stripes and stars are visible, though slightly faded to allow the text to be read. The people are dressed in casual attire like t-shirts and jeans. The overall tone is serious and informative.

**In the United States,  
Diabetes is the leading cause of:**

A diverse group of people, including men and women of various ethnicities, are standing in a line. They are positioned in front of a large, stylized American flag that serves as the background. The flag's stripes and stars are visible, though slightly faded to allow the text to be read clearly. The people are dressed in casual attire, such as t-shirts and jeans. The overall tone is serious and informative.

**In the United States,  
Diabetes is the leading cause of:**

**Heart disease**



A diverse group of people, including men and women of various ethnicities, are standing in a line. In the background, a large American flag is visible, with its stars and stripes. The overall tone is patriotic and inclusive.

**In the United States,  
Diabetes is the leading cause of:**

Heart disease

Stroke





**In the United States,  
Diabetes is the leading cause of:**

Heart disease



Stroke



Adult  
Blindness





# In the United States, Diabetes is the leading cause of:

Heart disease



Stroke



Adult  
Blindness



Kidney  
Failure







**In the United States,  
Diabetes is the leading cause of:**

Heart disease



Stroke



Adult  
Blindness



Kidney  
Failure



Non-traumatic  
Amputations





**Who is at risk?**

# Diabetes

## *Risk factors*



Have a parent or sibling  
with Diabetes

# Diabetes

## *Risk factors*



Have a parent or sibling  
with Diabetes



Are African American,  
American Indian,  
Asian American,  
Pacific Islander or of  
Hispanic/Latino heritage

# Diabetes

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**Have a history of  
gestational Diabetes  
and/or a baby weighing  
more than 9 lbs.**

# Diabetes

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**Have blood pressure of  
greater than 140/90**

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**Total cholesterol > 200**  
**LDL > than 100**  
**HDL < 40 for men and**  
**< 50 for women**

**Triglycerides > 150**

# Diabetes

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**Are overweight or obese**



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Are overweight or obese



Lack of physical activity

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Smoke

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Smoke



Have unhealthy eating habits

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Are overweight  
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Lack of  
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Smoke



Have unhealthy  
Eating habits

# Symptoms of Prediabetes



# Symptoms of Prediabetes



**High blood sugar levels**



# Symptoms of Prediabetes



**High blood sugar levels**



**Increased thirst**



# Symptoms of Prediabetes



**High blood sugar levels**



**Increased thirst**



**Increased urination**





# Symptoms of Prediabetes



**High blood sugar levels**



**Increased thirst**



**Increased urination**



**Blurred vision**



# Symptoms of Prediabetes



**High blood sugar levels**



**Increased thirst**



**Increased urination**



**Blurred vision**



**Tiredness**



# Facts about Prediabetes

## Prediabetes

Prediabetes is defined as blood sugar levels that are higher than normal but not high enough to fit the diagnosis of Diabetes.



# Facts about Prediabetes

Meets criteria  
for Prediabetes

28%



# Facts about Prediabetes

1 in 6



Have been told they  
have Prediabetes



# Action steps



# Action steps



## 1. Get a tailored eating plan



# Action steps



**1. Get a tailored eating plan**



**2. Gain control of your cholesterol, blood pressure and blood glucose levels**





# Action steps



**1. Get a tailored eating plan**



**2. Gain control of your cholesterol, blood pressure and blood glucose levels**



**3. Increase your physical activity levels**



# Action steps



**1. Get a tailored eating plan**



**2. Gain control of your cholesterol, blood pressure and blood glucose levels**



**3. Increase your physical activity levels**



**4. Eat a variety of healthy foods every day**



# Action steps



**1. Get a tailored eating plan**



**2. Gain control of your cholesterol, blood pressure and blood glucose levels**



**3. Increase your physical activity levels**



**4. Eat a variety of healthy foods every day**



**5. Get a UMR health coach**





### Featured video



**Description**

Learn about how to prevent Type II Diabetes by making healthy lifestyle choices. Learn who is at risk, symptoms of Pre-Diabetes and steps you can take to help prevent developing Diabetes.

3:45 minutes, in English with closed captions



HEALTHY YOU



*You can reach your health goals!*

## Featured video

Preventing Diabetes

*With lifestyle choices*

UMR



### Description

Learn about how to prevent Type II Diabetes by making healthy lifestyle choices. Learn who is at risk, symptoms of Pre-Diabetes and steps you can take to help prevent developing Diabetes.

*3.45 minutes, in English with closed captions*

- [Health Education Library](#)
- [Health Cost Estimate](#)
- [Health Cost Estimate](#)
- [My Health Tools](#)
- [myCareManagementCenter](#)

**sidewalk TALK**

**What BMI is considered obese?**

Learn more

[watch the video](#)

**Learn more**

Explore these helpful tools & resources

**Healthy "U" Teleseminars**  
 Learn more about making healthy choices

**Diagnosed with a new condition? Need help deciding if you should see a doctor or treat at home? Unsure about a possible drug interaction?**

If you are looking for reliable health information for yourself or your family, look no further. UMR has partnered with the best sources in health education to provide you with the information you need when you need it.

The Health Education Library provides a wealth of information right at your fingertips.

- Health Encyclopedia
- Symptom Navigator
- Surgery and Procedures
- Care Guides
- Drug Notes
- Drug Interaction Checker

**Care Management Programs**

Learn more about our programs

- Utilization Management
- Case Management
- Disease Management
- Health and Wellness
- Teleseminars
- Maternity Management
- NurseLine

**Health Links**

Use these health tools

- BMI Calculator
- Heart Attack Risk Calculator
- Weight Monitoring Tracking Log
- Walking Log
- Depression Personal Progress Tool

Resources to help you

- General Health
- Mental Health Topics
- Drugs and Supplements
- Daily Health News
- Quality Health Information
- Dental Health Information

Wellness Topics

- Healthy Lifestyle
- Nutrition
- Physical Activity
- Screening and Immunization
- Tobacco Cessation

Professional Health Organizations

- American Diabetes Association
- American Heart Association

- Health Education Library
- Health C
- Health
- My Hea
- myCare

**Find it under:**  
myHealthCenter or  
myCareManagement  
Center



**Learn more**  
Explore these helpful  
tools & resources

**PLAY**  
The Cost of Obesity

**CALCULATE**

**Basic Weight Monitoring Record**  
**PRINT**

	Sunday	Monday
DATE		
WEIGHT		

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Professional Health Organizations

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- American Heart Association

**UMIR**<sup>SM</sup>







**Thank you**

*We value your opinion*

## Important notice

The content in this presentation should not be considered medical advice. **If you are experiencing a medical emergency, you should not rely on any information on this site and should seek appropriate emergency medical assistance, such as calling “911”.** You should always talk to your health care professionals for diagnosis and treatment, including information regarding which drugs or treatment may be appropriate for you. None of the information in this presentation represents or warrants that any particular drug or treatment is safe, appropriate or effective for you. Health information changes quickly. Therefore, it is always best to confirm information with your health care professionals.

# *UMR Healthy U Diploma*



*This certifies that you have successfully completed:*

## **Preventing Diabetes with Lifestyle Choices**

*Presented to:*

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Mary Kaye Sawyer-Morse, PhD, RD

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*Presented by*

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*Date of completion*

