

Preventing Diabetes

What is Pre-diabetes?

Objectives:	<p>Participants will be able to:</p> <ul style="list-style-type: none"> ▪ Define diabetes and pre-diabetes ▪ List the risk factors for diabetes ▪ Describe regular physical activity and weight loss as effective strategies to delay or prevent type 2 diabetes
Time Required:	20 minutes
A-V:	<ul style="list-style-type: none"> ▪ PowerPoint, laptop and projector ▪ 5 wmv video clip files downloaded on the laptop with the PowerPoint
Handouts:	<ul style="list-style-type: none"> • Pre-diabetes – <i>What Is it and What Can I Do?</i>* • My Game Plan: Food and Activity Tracker
Talking Points:	<ul style="list-style-type: none"> ▪ First of a 3-part series to provide up-to-date information and tools to help you prevent or delay type 2 diabetes ▪ Each presentation will also include where to find additional information (if you want more now or in the future) ▪ The “Pre-diabetes – What is it and what can I do” brochure will be used in all 3 presentations (plus additional handouts) ▪ Focus of first presentation: <ul style="list-style-type: none"> ○ What is diabetes and pre-diabetes? ○ What are the risk factors for diabetes? ○ How can you delay or prevent type 2 diabetes? ▪ Series of slides with video clips describing diabetes ▪ Pre-diabetes comes before diabetes – what is the difference? ▪ What are the risk factors? ▪ Research has shown that there are actions you can take today that can significantly decrease your risk of developing type 2 diabetes <ul style="list-style-type: none"> ○ Losing 5 – 10% of body weight (what is that for you?) ○ Increasing physical activity (walking works for most people) ▪ People are more successful if they keep records of food eaten and physical activity – find a way of keeping records that works for you ▪ Next two presentations will provide more detailed information on cutting calories and fat and being more active ▪ For more information: <ul style="list-style-type: none"> ○ Call 1-800-diabetes ○ DiabetesPHD (Personal Health Decisions) at diabetes.org/phd
Activity:	Participants calculate 5 – 10% of their current weight

* Used in all "Preventing Diabetes" presentations