

Diabetes screening and prevention



More than 29 million Americans are living with diabetes, and 86 million are living with prediabetes,

a serious health condition that increases a person's risk of type 2 diabetes and other chronic diseases. And many adults with prediabetes don't even know they're in the danger zone. In order to identify those individuals and help minimize the likelihood of developing type 2 diabetes, the United States Preventive Services Task Force (USPSTF) recommends diabetes screening as part of a cardiovascular risk assessment for adults 40 through 70 years of age who are overweight or obese.

Diabetes screening

There are several different tests used to screen for diabetes.

- **Hemoglobin A1C**
- **Fasting blood sugar (FBS)**
- **A two-hour oral glucose tolerance test (OGTT)**

The American Diabetes Association recommends diabetes screening for everyone at age 45. The ADA also recommends screening for adults younger than 45 if they are overweight or obese and have one or more risk factors for diabetes. Follow-up screening is recommended at least every three years for a negative result depending on risk factors, and at least annually for people with prediabetes.

Diabetes prevention

Before someone develops type 2 diabetes, they almost always have prediabetes – fasting blood sugar (glucose) levels between 100 - 125 mg/DL (higher than normal, but not yet high enough to be diagnosed as diabetes).

Prediabetes is a red flag for future diabetes risk and is your opportunity to make changes to help avoid type 2 diabetes and its serious health consequences. Recent research shows that long-term damage to the body, especially the heart and blood vessels, may already occur during prediabetes. Fortunately, research also shows that if you take action when prediabetes is detected, you may be able to delay or prevent type 2 diabetes.



Knowing the risk factors and signs of prediabetes can help you delay or prevent type 2 diabetes.



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If you have prediabetes, it is important to:

- **Seek counseling and instruction on weight loss if you are overweight.** Even modest amounts of weight loss in persons who are overweight will help to reduce the risk for developing diabetes. Include follow-up counseling for your weight loss – it increases your chance for success.
- **Increase your physical activity.** Talk with your health care provider before beginning a new exercise program. Start slow and gradually increase the intensity and the number of minutes.

- **Get a fasting blood sugar test** every year to check for diabetes.
- **Work with your physician** and take action on your other risk factors for heart disease (tobacco use, high blood pressure, high cholesterol).
- **Talk with your doctor** about whether taking metformin to prevent type 2 diabetes is right for you – especially if you have a high BMI, are 60 years old or greater, have a history of gestational diabetes and/or your A1C continues to increase despite lifestyle changes.

If you've been diagnosed with prediabetes, this is your chance to help avoid type 2 diabetes. Don't let your opportunity slip away.

Risk factors for diabetes

A1C equal to or greater than 5.7%

First-degree relative with diabetes

Certain high-risk races (African-American, Latino, Native American, Asian American or Pacific Islander)

History of gestational diabetes

High blood pressure (B/P greater or equal to 140/90 mmHg or taking medicine for high blood pressure)

History of cardiovascular disease

HDL cholesterol less than 35 or triglycerides greater than 250

Women with polycystic ovary syndrome

Physical inactivity



The good news is eating out with diabetes doesn't have to be challenging. Whether you're on vacation, celebrating with friends and family, or simply want to try a new cuisine, you can eat out safely by sticking with your eating plan and using these simple strategies.

Get the facts

Ask to see the nutrition information for the menu, or look it up ahead of time so you are prepared to make smart choices.



Give cooking instructions



If you order meat or fish, ask to have it broiled or baked and order your chicken without skin.

Dining out with diabetes

How to make eating at restaurants enjoyable

For many people, eating out is one of life's greatest pleasures. Even the most avid cooks enjoy stepping away from the stove – and the dishes – every now and again, especially during busy weeks.

Make smart flavor choices

Skip the cheese, rich sauces and condiments on sandwiches and burgers. Dress them instead with mustard, lettuce, tomato and onion for flavor and crunch.



Order "on the side"

Please

Request butter, salad dressing or sauce on the side to control portion sizes; also ask for low-calorie salad dressing options.

Request a box for leftovers

Try to eat the same portion size as you do at home. If the restaurant offers large portions, share your meal or request a take-out box.



Don't be afraid to order creatively and ask for substitutions. That may mean ordering a unique combination of items, such as a salad and lower calorie appetizer.

Control the carbs



When ordering pizza, stick with thin crust and primarily vegetable toppings. Limit your meal to 1-2 slices.

Time it right

If you're eating out with others, ask if you can select the mealtime. (This will help you stay as consistent as possible with the times you normally eat.)



Choose toppings carefully

At the salad bar, skip the bacon bits, cheeses and croutons; instead pile your salad with fresh raw vegetables and fruit. Top it off with grilled chicken or beans for added protein.



Eat a healthy breakfast

Choose an egg, whole-wheat toast and low-fat milk. Limit sausage or bacon and be cautious about muffins. They can be high in sugar and fat.



Ask for healthy substitutions



Request substitutes, like vegetables, in place of unhealthy sides. If your meal comes with French fries, for example, ask if you can sub in steamed vegetables, carrot sticks or apple slices instead.



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