

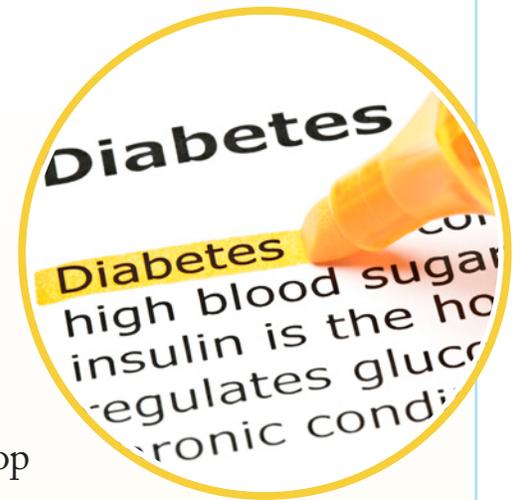
Pre-diabetes and MOVE!®: Lower Your Risks

What is diabetes?

Diabetes mellitus, or simply “diabetes,” is a group of diseases in which a person has higher than normal levels of blood sugar or glucose. Insulin is a hormone that serves as a “key” which allows blood sugar to enter the cells. There are several ways to develop diabetes. A common way that Veterans develop diabetes is when the cells in the body have a flaw that makes the insulin “key” fit poorly, making it hard for blood sugar to leave the blood and enter the cells. This is called “insulin resistance.” Damage to the cells that make insulin can also cause diabetes outright or make other types of diabetes worse. Diabetes may result in long-term health problems including damage to the blood vessels, eyes, kidneys, or nerves. Poorly managed diabetes raises risk of blindness, stroke, heart attack, and premature death. Medications, diet, and physical activity can help to control blood sugar in patients with diabetes.

In Type 1 diabetes, the immune system damages the insulin-producing cells of the pancreas. Type 1 diabetes is often found in childhood. Very few Veterans have Type 1 diabetes. Patients with Type 1 diabetes have to supplement themselves with insulin injections.

Type 2 diabetes is typically found in adults and is often a result of insulin resistance. Obesity raises the risk for Type 2 diabetes. With



this form of diabetes, the cells of the body have difficulty using insulin, resulting in high levels of blood sugar. The pancreas may overwork to compensate for the insulin resistance. Over time, the overworked pancreas, which is also being damaged by obesity, may gradually lose its ability to produce insulin.

What is pre-diabetes?

“Pre-diabetes” is a condition in which blood sugar is higher than normal, but not so high to be considered diabetes. About 1 in 4 patients with pre-diabetes will develop Type 2 diabetes within 3 years of being diagnosed with pre-diabetes. **The risk of moving from pre-diabetes to diabetes can be reduced.**

What is the Diabetes Prevention Program – Healthy Lifestyle Program?

The Diabetes Prevention Program (DPP) was a large, multi-site research project. Health care researchers were looking for ways to prevent diabetes. One part of the study helped guide patients in making healthy lifestyle changes. The lifestyle portion of the DPP is very similar to MOVE![®] and is called the “Healthy Lifestyle Program.”



While the DPP Healthy Lifestyle Program and MOVE![®] are very similar, the Healthy Lifestyle Program has much more specific goals. If you want to try to achieve the results of the DPP, use these goals:

- **Weight - Lose at least 7% of your initial weight.** For example, someone who weighs 270 pounds would need to lose 19 pounds to meet the 7% weight loss goal.

- **Physical Activity - As quickly as possible, increase to a minimum of 150 minutes per week (or more) of moderate-intensity physical activity and maintain this for life.**
- **Use the chart below to set your daily Calorie Goal:**

| Current Weight | Daily Calorie Goal |
|------------------|----------------------------|
| Under 200 pounds | 1,200 – 1,500 calories/day |
| 200 – 225 pounds | 1,500 – 1,800 calories/day |
| 226 – 250 pounds | 1,800 – 2,000 calories/day |
| 251 – 300 pounds | 2,000 – 2,500 calories/day |
| 301 – 350 pounds | 2,500 – 3,000 calories/day |
| Over 350 pounds | See a MOVE!® Dietitian |



- **Follow the DASH diet plan: www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf**

Patients who have pre-diabetes are recommended to participate in MOVE!® for at least 16 sessions, and schedule regular follow-up sessions.

Many communities have facilities that now have the DPP Healthy Lifestyle Program. Look for programs certified by the Centers for Disease Control and Prevention in your area. You can find a listing of community programs at: www.cdc.gov/diabetes/prevention/recognition/registry.htm#program.



The VA cannot pay for membership in fitness centers or spas, but many of these programs have sliding scales to make them affordable to all. It can be convenient to participate in a program in your community.