

## Are You At Risk for Diabetes?

There are many people who are at risk for diabetes or who have a preliminary form of the disease known as pre-diabetes and are not even aware of it. Take this simple test below to see how you rank. For further information visit the American Diabetes Association website at [www.diabetes.org](http://www.diabetes.org)

Directions: Answer yes or no to the following questions and then add your point total to see what score category you fall into:

|  | <u>YES</u> | <u>NO</u> |
|--|------------|-----------|
| 1. My weight is equal to or above that listed in the chart below?                        | 5pts       | 0pts      |
| 2. I am under 65 years of age <b>and</b> I get little or no exercise during a usual day? | 5pts       | 0pts      |
| 3. I am between 45 and 64 years of age?  | 5pts       | 0pts      |
| 4. I am 65 years old or older?   | 9pts       | 0pts      |
| 5. I am a woman who has had a baby weighing more than nine pounds at birth?              | 1pts       | 0pts      |
| 6. I have a sister or brother with diabetes?   | 1pts       | 0pts      |
| 7. I have a parent with diabetes?  | 1pts       | 0pts      |

Total Points: \_\_\_\_\_

| At Risk Weight Chart                       |                                      |
|--|--------------------------------------|
| Height in feet and inches<br>without shoes | Weight in pounds without<br>clothing |
| 4'10"                                      | 129                                  |
| 4'11"                                      | 133                                  |
| 5'0"                                       | 138                                  |
| 5'1"                                       | 143                                  |
| 5'2"                                       | 147                                  |
| 5'3"                                       | 152                                  |
| 5'4"                                       | 157                                  |
| 5'5"                                       | 162                                  |
| 5'6"                                       | 167                                  |
| 5'7"                                       | 172                                  |
| 5'8"                                       | 177                                  |
| 5'9"                                       | 182                                  |
| 5'10"                                      | 188                                  |
| 5'11"                                      | 193                                  |
| 6'0"                                       | 199                                  |
| 6'1"                                       | 204                                  |
| 6'2"                                       | 210                                  |
| 6'3"                                       | 216                                  |
| 6'4"                                       | 221                                  |

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes.

### Scoring 3-9 points

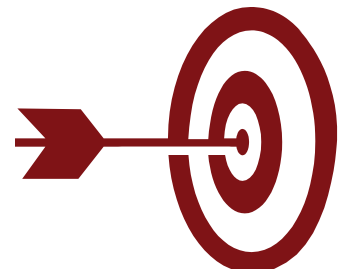
You are probably at low risk for having diabetes now. But don't just forget about it -- especially if you are Hispanic/Latino, African American, American Indian, Asian American, or Pacific Islander. You may be at higher risk in the future.

### Scoring 10 or more points

You are at greater risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next office visit, find out for sure.

\*Adapted from the American Diabetes Association Risk Test at [www.diabetes.org](http://www.diabetes.org)

**Know your  
score!**



## Diabetes Prevention

There are two general types of diabetes. Type 1, previously known as juvenile diabetes, is typically diagnosed in early childhood and is a genetic result of the body's inability to produce insulin. Type 2 diabetes, also referred to as adult onset diabetes, is the most common type of diabetes and results from the body either slowing in the production of insulin, or the body not being able to use the insulin that is produced. This second type of diabetes can be prevented or delayed.

Type 2 diabetes, first manifests in what is termed "pre-diabetes" where blood sugar levels are higher than normal but not high enough to be diagnosed as diabetes. It is during this pre-diabetes stage where patients can take charge of their health and delay or even prevent the onset of type 2 diabetes. There are some factors that contribute to diabetes that cannot be controlled such as age, race, gender, and family history. But there are other controllable conditions that can put you at higher risk for de-

veloping diabetes. These include obesity, high cholesterol, smoking, high blood sugar, high blood pressure, and lack of physical activity. Controlling cholesterol, blood sugar, and blood pressure levels via diet and exercise as well as medication when warranted, can help to reduce risk of developing diabetes. It is important to get regular checkups with your physician and have these levels tested on a regular basis to ensure they are within a healthy range. For those smokers who are concerned with diabetes risk, quitting can help to lower your risk. There are many ways to stop smoking including nicotine replacement gum, patches, medications and inhalers as well as various support groups. Talk to your doctor about your options if you wish to quit smoking.

In addition to controlling and monitoring illnesses associated with an increased risk of diabetes, studies have shown that as little as a 5-10% weight loss in conjunction with 30 minutes per day of moderate exercise provided as much as a 58% decrease in diabetes. Other helpful preventa-

tive measures include decreasing fat intake (especially saturated fats), increasing the amount of fiber in your diet (recommended minimum of 14 g/100calories), limiting desserts and high calorie snacks, cutting back on sodas and fruit juices, and general portion control. Additionally, enjoy plenty of fruits and vegetables, select whole grain foods over regular starches, and choose fish and lean cuts of meat. While these tips are helpful, patients with diabetes or at risk for developing type 2 diabetes may also benefit from a nutrition plan specifically tailored to their health care needs. To receive this maximal benefit and a tailored diet, contact your physician or dietician. For further information regarding weight control and exercise, see the article on page 3 of this edition.

Adapted from: -American Diabetes Association website at [www.diabetes.org](http://www.diabetes.org)

-Diabetes In Control Newsletter August 30, 2006 found at [www.diabetesincontrol.com](http://www.diabetesincontrol.com)

-Revised Nutrition Guidelines for Diabetes Prevention Stress Weight Control,

### Healthy eating tips

Healthy eating is easier said than done but if you learn to cut corners and make small substitutions here and there, you will be well on your way to a healthier lifestyle. Here are a few helpful ideas:

#### General:

- use brown rice instead of white in your favorite stir fry
- use whole wheat pasta in your italian dishes
- choose lean meats and remove skin from chicken
- select non-fat dairy items
- use liquid cooking oils rather than solid fats
- drink plenty of water (a lot of times our bodies confuse dehydration with hunger)

#### Snacks:

It's ok to snack in between meals and is actually encouraged to keep up your metabolism. Try combinations of carbohydrates and protein. For example:

- apple with peanut butter
- cheese on wheat crackers
- carrots and hummus



-or just grab a handful of almonds, they are a good source of protein and also help lower bad cholesterol and raise the good

#### Sweets:

When craving something sweet, try fruit before going for the chocolate. Try freezing a baggie of seedless grapes, they contain antioxidants, which are good for your heart, and taste even sweeter when frozen.

#### When eating out choose foods that are:

- steamed
- broiled
- baked
- roasted
- poached
- lightly sauteed
- garden fresh

Adapted from:

The American Dietetic Association website at [www.eatright.org/ada](http://www.eatright.org/ada)

The National Diabetes Foundation website at [www.diabetes.org](http://www.diabetes.org)

The National Heart Lung and Blood Institute website at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

[www.ahealthyme.com](http://www.ahealthyme.com) Sponsored by BlueCross BlueShield of Massachusetts

"Nutrition for Everyone: Quick Tips: Fruits and Vegetables." From the Centers for Disease Control website at [www.cdc.gov](http://www.cdc.gov)

## Weight Control and Exercise



Being overweight is a primary risk factor for developing type 2 diabetes.

Diet and exercise are two key factors contributing to weight loss and reducing diabetes risk. Most people can shed extra weight by simply cutting calories, controlling portion sizes, and eating more healthy foods in addition to regular moderate exercise at a minimum of 30 minutes most days. Everyday tasks such as walking, gardening, swimming, yard work, and house cleaning all count towards meeting that daily goal. Physical activity is important in weight loss and in helping to prevent diabetes because it will boost your metabolism and increase muscle mass which will help to burn more calories. Burning more calories will help to lower blood sugar levels, and exercise will help your body to use insulin more efficiently. Exercise will also help to improve cardiovascular risk factors (high blood pressure, high cholesterol) that

can be associated with diabetes risk.

### **Weight Loss Tips:**

- \*Set small realistic weight loss goals of 5-15 pounds at a time.
- \*Choose a start time that fits your schedule and stick to it.
- \*Avoid fad diets especially those which promote low carbohydrate intake or high protein intake.
- \*Keep track of what you eat and drink. Seeing your daily diet on paper will help you realize your eating habits and if you are overeating, snacking too much, etc. Additionally, if your weight fluctuates from week to week, you may be able to better see what foods could be affecting your weight more.
- \*Exercise regularly: join a gym, develop a fitness routine, or go on walks during your lunch break. Regardless of what you do or don't do on a daily basis, keep track of this as well. As always, check with your physician before beginning a new fitness plan to ensure that it is right and safe for you.
- \*Start your exercise plan slowly, gradually

increasing your activity level over time. Don't try to do too much too quickly.

\*Try being more active throughout the day. For instance, take the stairs instead of the elevator.

an exercise buddy or join an exercise group to help you stay motivated.

### **10 Benefits to Being Active:**

- improve blood glucose management
- lower blood pressure
- improve blood cholesterol
- take less insulin or diabetes pills
- lose weight and keep it off
- lower risk for other health problems
- gain more energy and sleep better
- relieve stress
- build stronger bones and muscles
- become more flexible

Adapted from the American Diabetes Association website, Weight Loss and Exercise section at [www.diabetes.org](http://www.diabetes.org)

## RECIPE CORNER

### **Flounder with Parmesan Crust**

#### Ingredients:

- 6- 3 ½ oz servings Flounder or sole fillet (thawed) (total wt. 1 ½ pounds)
- 1/3 cup Plain low-fat yogurt
- 2 Tbsp grated Parmesan cheese
- 1 Tbsp Dijon mustard
- 1 Tbsp fresh lemon juice
- 1 ½ tsp prepared horseradish, drained

#### Directions:

Preheat broiler and prepare the broiler pan with nonstick pan spray. Arrange the fish on the broiler pan. In a small bowl, combine the yogurt, Parmesan, mustard, lemon juice, and horseradish. Spread the mixture over both sides of the fillets. Broil about 8 inches from the heat, turning once, for about 6 minutes, or until the fish flakes easily with a fork.

#### **Each serving provides:**

|                             |                              |
|-----------------------------|------------------------------|
| Calories <b>122</b>         | Sodium <b>166mg</b>          |
| Calories from Fat <b>19</b> | Total Carbohydrate <b>1g</b> |
| Total Fat <b>2g</b>         | Dietary Fiber <b>0g</b>      |
| Saturated Fat <b>1g</b>     | Sugars <b>1g</b>             |
| Cholesterol <b>62mg</b>     | Protein <b>23g</b>           |



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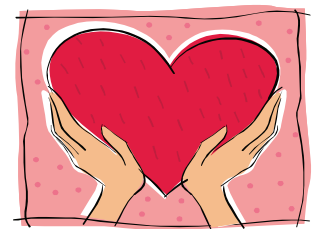
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