

Healthy News – Prediabetes

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PROMOTE Raising awareness of prediabetes is crucial, as over 1 in 3 American adults have prediabetes but many remain undiagnosed, and early recognition can prevent or delay type 2 diabetes, as well as reducing your risk of heart disease and stroke.

PREVENT Prediabetes can often be prevented or reversed through lifestyle changes focused on healthy eating, regular physical activity, and weight management. **Healthy eating** begins with maintaining a balanced diet focusing on whole, unprocessed foods, such as vegetables, fruits lean proteins, whole grains and healthy fats. It also includes limiting processed foods and added sugars, which can spike blood sugar levels and contribute to insulin resistance. **Regular physical activity** helps the body use insulin and maintain healthy blood sugar levels. Aim for at least **150 minutes** of moderate activity per week and muscle-strengthening exercises 2 days a week. Excess **body weight** increase prediabetes risk. Consider losing 5 - 7% of your body weight for a reduction in the risk of developing type 2 diabetes.



PROTECT To protect yourself from the onset of type 2 diabetes and improve your overall health.

- **Know your risk factors:** being overweight, a family history of diabetes, or being over the age of 45.
- **Check your blood sugar regularly.** An A1c test measures your average blood sugar over the past 2 to 3 months, helping to identify prediabetes early.
- **Participate in CDC-recognized diabetes prevention programs** which have been shown to reduce the risk of advancing from prediabetes to diabetes.
- **Stay Informed.** Check out the SMART HUB for information on screening, healthy eating, lifestyle changes and more at <https://southheartlandhealth.ne.gov/vnews/display.v/ART/66311fd3e8ba3>.

Questions about prediabetes? Talk to a healthcare provider or contact South Heartland District Health Department, 606 Minnesota Ave., Hastings, NE- 402-462-6211.

Sources: Center for Disease Control CDC
American Diabetes Association