

My Prediabetes Handbook



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Overview

Prediabetes is a condition where a person's blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes.

This occurs when someone's body does not use its own insulin properly. Insulin is a hormone made by the pancreas that acts as a key to let blood sugar into cells to use as energy. **Insulin resistance is when** the cells do not respond normally to insulin which leads to a build up of sugar in the blood. The pancreas tries to fix the imbalance by creating more insulin, and eventually it is unable to keep the blood sugar level normal resulting in prediabetes or eventually type 2 diabetes.

Many people do not have signs or symptoms of prediabetes. If left unmanaged, type 2 diabetes can develop and lead to more serious health problems.

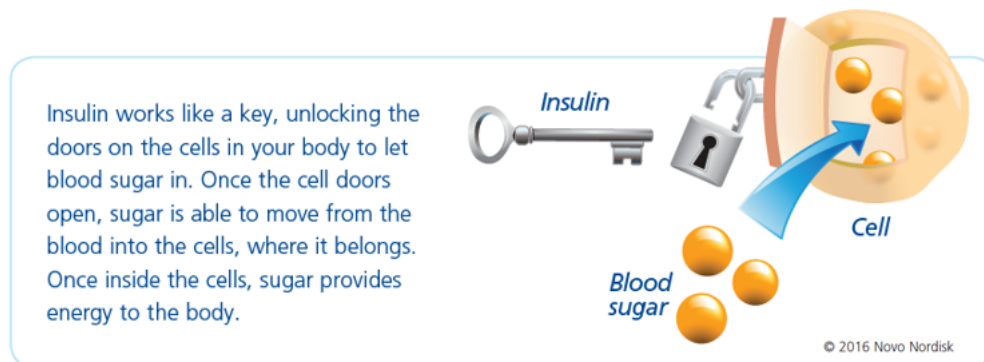


Terms to Know

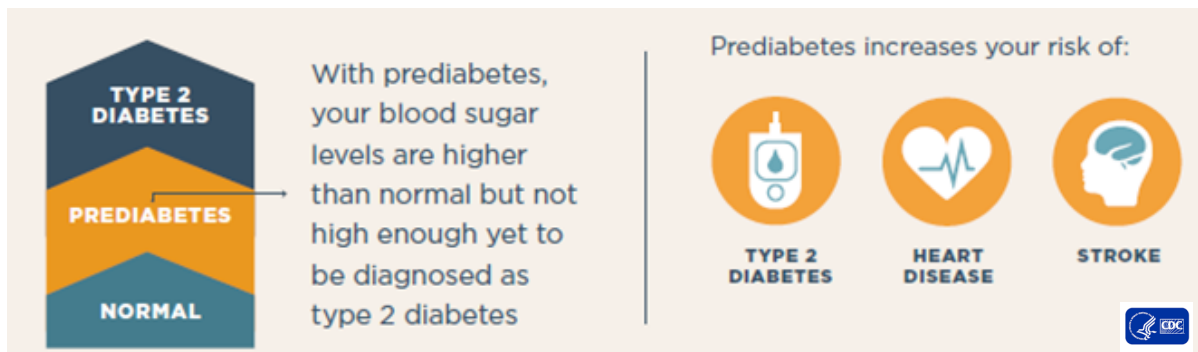
Glucose	<ul style="list-style-type: none">• One of the simplest forms of sugar in your blood
Blood Sugar Level	<ul style="list-style-type: none">• The amount of glucose in a given amount of blood
Hyperglycemia	<ul style="list-style-type: none">• High blood sugar
Hypoglycemia	<ul style="list-style-type: none">• Low blood sugar
Pancreas	<ul style="list-style-type: none">• A large gland that makes the hormones insulin.
Insulin	<ul style="list-style-type: none">• A hormone that helps the glucose from food move from the blood into cells to be used as energy. In individuals without diabetes, it is produced by the pancreas and some diabetics must receive insulin as a medication to replace this hormone.
Insulin Resistance	<ul style="list-style-type: none">• A condition in which the body produces insulin but does not use it effectively.
Prediabetes	<ul style="list-style-type: none">• The blood glucose levels are higher than normal but not high enough to be diagnosed as diabetes. This usually occurs in people who have some insulin resistance resulting in extra glucose in the bloodstream that is not entering the cells.
Diabetes	<ul style="list-style-type: none">• The condition in which the body does not properly process food for use as energy. When someone has diabetes, their body either doesn't make enough insulin or can't use its own insulin as well as it should.

Insulin Resistance

Prediabetes occurs in people who have some amount of insulin resistance. Insulin is a hormone made by the pancreas that helps glucose (sugar from food) enter your cells from the blood stream.



1. After you eat, your blood glucose (or blood sugar) rises.
2. Your pancreas releases insulin into the blood which then helps move glucose into your cells to be used as energy.
3. If you have insulin resistance, your cells don't respond well to insulin and your pancreas responds by making more insulin. Eventually, the pancreas cannot make enough insulin to keep the blood glucose levels within the normal range and the extra glucose stays in your bloodstream.



Source: <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/prediabetes-insulin-resistance>

Prediabetes Risk Test



1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(See chart at right)

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
You weigh less than the 1 Point column (0 points)			

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

You can reduce your risk for type 2 diabetes

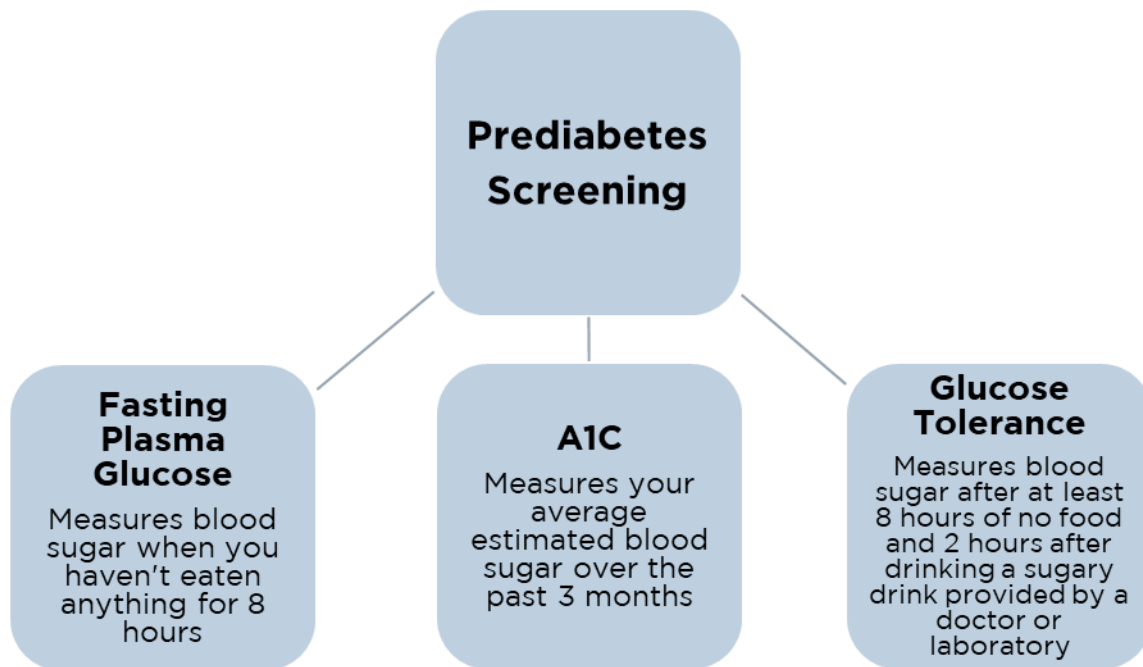
Find out how you can reverse prediabetes and prevent type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



Diagnosis

You may have prediabetes without having any noticeable symptoms. There are multiple ways to determine if you have prediabetes:



Your doctor will have you take one or multiple of the above tests and then look for the following values to diagnose prediabetes or diabetes:

Diagnosis Test	Prediabetes	Diabetes
Fasting Plasma Glucose	100 - 125 mg/dL	126 mg/dL or higher
A1C	5.7% - 6.4%	6.5% or higher
Glucose Tolerance Test	140—199 mg/dL	200 mg/dL or higher

Source: American Diabetes Association

Prediabetes vs Type 2 Diabetes

You may have prediabetes for years without noticing any symptoms, yet prediabetes may lead to developing more serious health conditions.

MORE THAN 8 IN 10 adults with prediabetes don't know they have it



Diabetes occurs when the body does not use insulin properly and blood sugar levels continue to rise. This insulin resistance is often linked to obesity and a lack of physical activity. Diabetes increases your risk for more serious complications, such as heart disease, kidney failure, blindness, and nerve damage (which can lead to the amputation of a toe, foot, or leg).

It is more difficult to live with diabetes than prediabetes.

If you ignore prediabetes, your risk for type 2 diabetes goes up — type 2 diabetes increases your risk for serious health complications:



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF TOES, FEET, OR LEGS

Source: <https://www.cdc.gov/diabetes/library/features/truth-about-prediabetes.html>

Preventing Type 2 Diabetes

Type 2 diabetes can be prevented or delayed by...

- **Losing and maintaining your weight:** losing 5-7% of body weight may be enough to prevent diabetes
- **Moving more:** start slowly in building up to at least 30 min of physical activity 5 days a week
- **Eating nutritious foods most of the time:** try choosing foods that are closer to their whole form and fewer foods that are processed (such as foods with added fat, sugar, and salt)

WHO IS AT RISK?

- Overweight or obese
- Physical inactivity
- Age 45 or older
- A parent, brother, or sister with diabetes
- Health conditions such as high blood pressure and abnormal cholesterol levels
- African American, Alaska Native, American Indian, Asian American, Hispanic/Latino, Native Hawaiian, or Pacific Islander American ethnicity
- History of gestational diabetes, heart disease, or stroke
- Polycystic ovary syndrome



Source: <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes>

Dear Patient

You have been diagnosed with prediabetes. With support and lifestyle changes, prediabetes may not lead to type 2 diabetes. We believe that diabetes is best prevented using a team approach. You are the most important member of your care team.



As members of your care team, we are here to provide the education and support you need to be successful.

Your responsibilities as a team leader include: being actively involved in your care, learning about prediabetes and diabetes, and setting realistic wellness and healthcare goals.

Who Does What

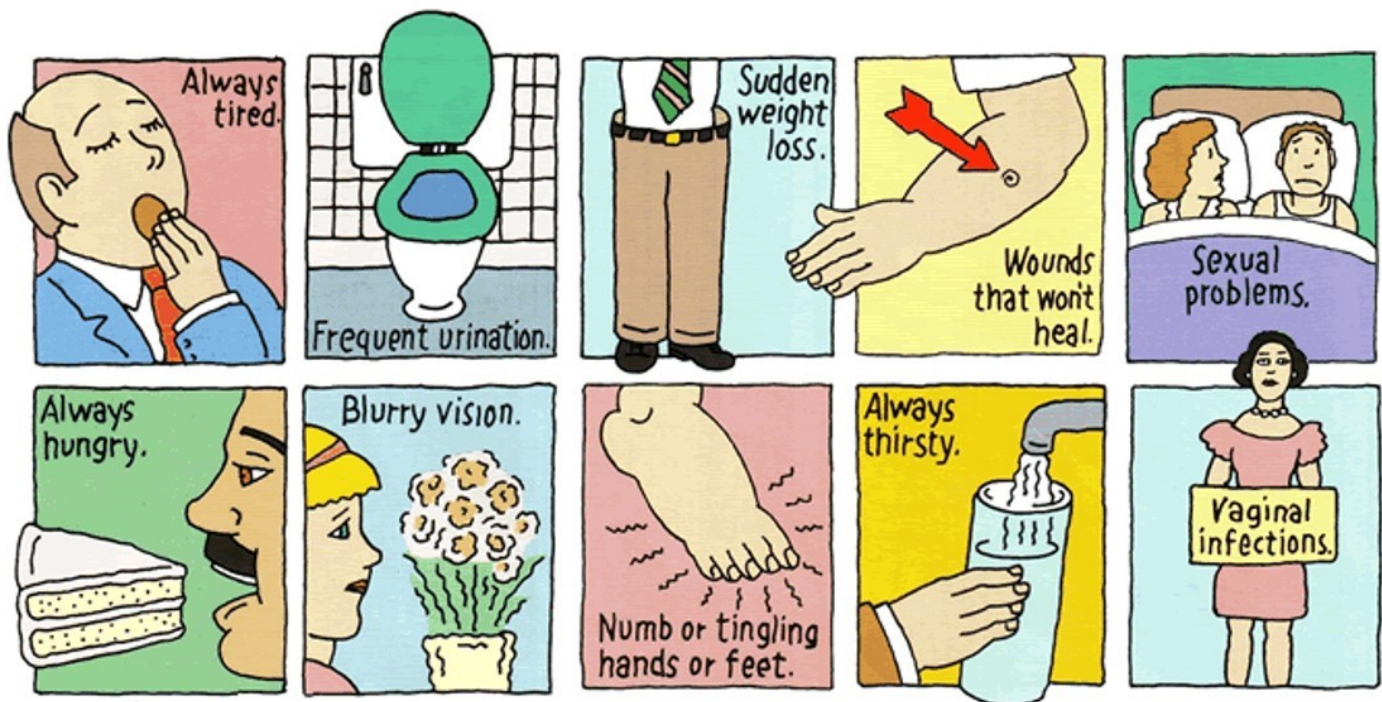
You have been introduced to your team of healthcare providers. It is important to understand the role they play in your care.

Primary Care Provider	<ul style="list-style-type: none">Your provider will oversee all of your care, assemble your team, and monitor for complications.
Care Manager	<ul style="list-style-type: none">Your care manager is a registered nurse who will work with you to help you navigate the healthcare system, set reasonable goals, provide education, and offer encouragement.
Registered Dietitian / Nutritionist	<ul style="list-style-type: none">Your nutritionist can provide a welcoming and supportive space to learn about nutrition, ask questions about food choices & health, and create a nutrition plan & goals.
Behavioral Health Specialist	<ul style="list-style-type: none">Your behavioral health specialist will provide guidance and support in goal setting, motivation, and overcoming challenges.
National DPP Lifestyle Coach	<ul style="list-style-type: none">Your National DPP Lifestyle Coach can be a valuable team member in helping develop skills in creating and maintaining healthy habits.

Follow Up

You should see your provider **every 6-12 months for an exam**. Your provider will monitor your blood sugar and ensure that you are up to date on your care.

You should see your provider **sooner** if you develop any of the following signs or symptoms of type 2 diabetes:



You and your provider may decide medications are important for your care. If so, your provider will provide further instructions and support in managing medications.



On Your Way to Preventing **Type 2 Diabetes**



Centers for Disease
Control and Prevention
National Center for Chronic
Disease Prevention and
Health Promotion

Source: <https://www.cdc.gov/diabetes/prevent-type-2/guide-prevent-type2-diabetes.html>

Starting Point: Assess Where You Are and Where You Need to Go



Let's assess where you stand right now when it comes to nutrition and physical activity. Write down your answers to these questions to make it easier for you to figure out which of your habits are helpful and which habits you might want to work on.

Think About How You Eat in a Typical Week	Think About How You Move in a Typical Week
Do other people, such as friends, family, or coworkers, influence what you eat?	How much of your commute is spent walking or biking?
Do you prepare your meals ahead of time, or decide in the moment what to eat?	How much time do you make for physical activity around the house, such as walking the dog, cleaning the house, or gardening?
How comfortable are you with reading a nutrition label?	How often do you dedicate 30 minutes per day for physical activity, such as walking, biking, or swimming?
How often do you eat out and where?	What are your favorite ways to be active?
What makes it easier for you to eat healthier?	What makes it easier or more enjoyable for you to move more?
What makes it harder?	What makes it harder?

Set a Weight Loss Goal



With your starting point in mind, set a weight loss goal. If you are overweight and have prediabetes, shedding just 5% of your weight can help reverse prediabetes.

Here's an example to help calculate a weight loss goal of 5%.

Action	Example
Weigh yourself first thing in the morning for the most accurate results and record the number.	240 pounds
Determine 5% of your current weight.	Take off last digit of your weight: 24 Divide in half: 12 To lose 5%, a 240-pound person would need to lose 12 pounds.
Subtract that number from your current weight to determine your goal weight.	240 - 12 = 228 A 240-pound person's goal weight would be 228 pounds.

Now it's your turn. Calculate your personal weight loss goal here:

My current weight is _____ pounds.

5% of my weight is _____ pounds.

My goal is to lose _____ pounds, for a goal weight of _____ pounds.

Now that you've assessed your habits and preferences around eating and being active and have set a healthy weight loss goal, you're better prepared to hit the road on your way to wellness. The following pages will help you improve your current habits, gain new ones, and set yourself up for success.

First Stop: Make a Nutrition Plan for Healthier Eating



Winning Habits: Make over your meals with a plan, the right ingredients, and life hacks.



Make a plan. You've probably noticed that someone who follows a popular diet plan might quickly lose weight, but has a hard time keeping it off long term. This is common and discouraging, so let's design a plan that you can follow for life. It doesn't need to be popular or have a name.

Your plan only needs two key ingredients to work:

1. It should be based on healthy eating.
2. It should be something you can keep doing.

People often need to try different things to create a plan that works for them. Some may cut back on sugar and eat more protein to stay fuller longer. Others may focus on crowding out unhealthy food with extra fruits and vegetables. Still others take the guesswork and temptation out of life by sticking to just a few breakfast and lunch choices that they know are nutritious. The details will depend on what you like and what fits in best with your life.

Eat well. Good food in the right amounts does so much more for you than just helping you lose the pounds; it helps you feel better and even think better. **All good things!**

Some basics to get started:



Choose these foods and drinks **more often:**



Non-starchy vegetables such as peppers, mushrooms, asparagus, broccoli, and spinach

Fruits

Lean protein such as fish, chicken, turkey, tofu, eggs, and yogurt

Whole grains such as quinoa, brown rice, and steel cut oatmeal

Water and unsweetened beverages



Choose these foods and drinks **less often:**



Processed foods such as packaged snacks, packaged meat, chips, granola bars, sweets, and fast foods

Trans fat, found in things such as margarine, snack food, packaged baked goods, and many fried foods

Sugary drinks such as fruit juice, sports drinks, and soda

Alcohol

Meaningful Changes That Take Minimal Effort:



Make time to cook. You'll gain impressive skills that you'll keep for a lifetime, save money, and take the guesswork out of the ingredients.

Look online for recipes that meet your skill level, time, and budget. Many have user reviews to help you decide on a recipe.

Plan a week's worth of meals before you go grocery shopping. You'll thank yourself later.

Swap boring veggie recipes for exciting ones. Watch online cooking videos to learn the secrets of making vegetables tastier with different spices or methods of cooking.

Make the same food for you and your family. Healthy eating is good for everyone!

Try Meatless Monday. Beans and lentils are cheap, tasty, and pack a protein punch.

Make family favorites with a twist. Substitute veggies for grains or starchy carbohydrates (zucchini noodles, anyone?) or blend veggies and add to sauces.

Try not to drink your calories. They won't fill you up! Reduce fruit juice and sports drinks, and limit alcohol.

Dress smart. Dress salads with oil (a healthy one like olive oil) and vinegar, choose low-fat or fat-free yogurt over sour cream, and mustard instead of mayonnaise.

Make spices your secret weapon. They add flavor without adding calories.

Freeze! Freeze single servings of a big batch of healthy food for work lunches or when you're too tired to cook.

Think ahead. Think about the times you're most likely to eat junk food, like after a stressful day at work. Make a plan in advance to swap out the unhealthy snack you might eat—such as a candy bar—with a healthy one, like an apple.

Master the Skills of Food Measurement: Portion Sizes and Food Labels

Size it up: get a handle on portion size. Most of us don't know just how much we're eating. One way to help manage portion size is by using the plate method.

Using a basic 9-inch dinner plate:

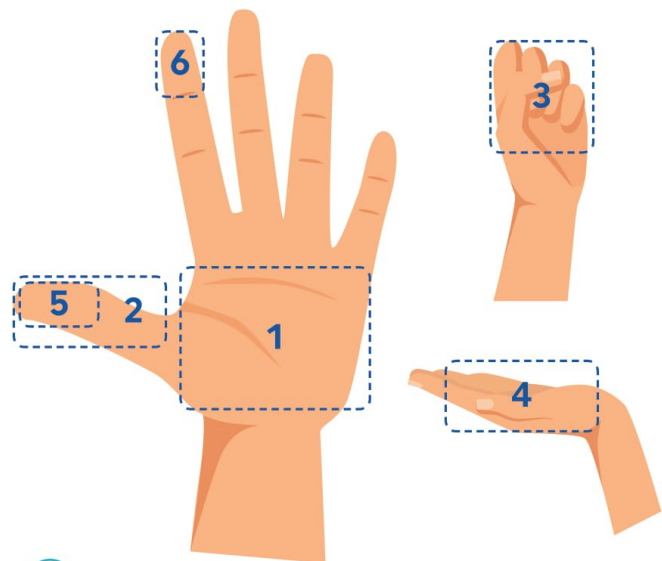
Fill half of your plate with non-starchy vegetables, such as lettuce, tomatoes, green beans, carrots, or broccoli, and fruits, such as apples, grapefruit, or pears.

Fill one quarter with a lean protein, such as chicken, turkey, beans, nuts, tofu, or eggs.

Optional: **Fill one quarter** of the plate with a whole grain like quinoa or brown rice. Or skip the starch and double up on non-starchy veggies. You can have as many non-starchy veggies as you want as long as they're not covered with sauces, butter, or cheese.

If you're not using a plate, this "handy" guide will help you estimate portion size:

- 1. 3 ounces of meat, fish, or poultry**
Palm of hand (no fingers)
- 2. 1 ounce of meat or cheese**
Thumb (tip to base)
- 3. 1 cup or 1 medium fruit**
Fist
- 4. 1-2 ounces of nuts or pretzels**
Cupped hand
- 5. 1 tablespoon**
Thumb tip (tip to 1st joint)
- 6. 1 teaspoon**
Fingertip (tip to 1st joint)



7

Choose the Best Foods: Decoding Food Labels, Eating a Healthy Variety, and Quality Calories



Put foods that don't have labels first on your grocery list. Visit the produce section to stock up on fresh veggies and fruit. (Just watch out for packaged food tucked away between the apples and asparagus, such as salad toppings and snack foods.) Then, shop the outside aisles of the store for dairy, eggs, and lean meat. Some packaged food will be on your list. **Use the Nutrition Facts label to see how many calories and grams of carbs, sugars, and fat are in the food you choose.**

Check the serving size first. All the numbers on this label are for a 2/3-cup serving.

This shows you types of carbs in the food, including sugar and fiber.

Choose foods with more fiber, vitamins, and minerals.

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

Amount per serving		% Daily Value*	
Calories 230			
Total Fat 8g			10%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 37g			13%
Dietary Fiber 4g			14%
Total Sugars 12g			
Includes 10g Added Sugars			20%
Protein 3g			
Vitamin D 2mcg			10%
Calcium 260mg			20%
Iron 8mg			45%
Potassium 235mg			6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This package has 8 servings. If you eat the whole thing, you are eating 8x the amount of calories, carbs, fat, etc., shown on the label.

Choose foods with lower calories, saturated fat, and added sugars. Avoid trans fat.

Eat a variety of healthy foods. Eat all kinds of different foods from the major food groups: veggies, fruits, grains, dairy or dairy alternatives such as low-fat or fat-free milk, yogurt, and other products made from soy, almonds, and cashews, and lean protein. Eating a variety of foods helps to make sure you get the vitamins and minerals you need. You don't need to eat all food groups at each meal.

Count what counts.

Don't get too hung up on calories, but definitely count them in. Cutting calories from your meals and adding physical activity to your routine can help you lose weight. But don't cut back too far. If you get too hungry, you won't stay on your plan. And remember, if you're more active, you're burning more calories.

The National Institutes of Health offers an interactive **Body Weight Planner** (<https://www.niddk.nih.gov/bwp>) that can help you determine the number of calories you should eat each day to get you to your goal weight and to maintain it.

Make Work, Home, Grocery Stores, and Restaurants Work for You



Take the work out of eating at work.

From office pastries to afternoon snacks to increase energy, the workplace can be a challenge for staying on course to eat healthy. **A little food preparation goes a long way.**

- ✓ Bring your lunch to work. This can often be healthier than buying it.
- ✓ Keep fruit and vegetables in a plastic container in the fridge at work for snacks.
- ✓ Bring groceries in on Mondays and keep them in a refrigerator to make your lunch at work if you don't want to bring lunch each day.
- ✓ Package high-power snacks, such as nuts, in small containers so you don't get famished or eat too much.



Make home your healthy place.

Sticking to a healthy plan is a lot easier when you can rely on having nutritious food available at home.

- ✓ Avoid "hiding" treats. You'll know where to find them.
- ✓ Prepare a few healthy snacks and keep them on hand as soon as you get home from the grocery store. Chop strips of peppers or celery or fruit so that healthy snacks are readily available when you get a food craving.
- ✓ Create a cooking ritual at home. Whether it's calling a friend, listening to music, or catching up on a TV show while you cook, pairing cooking with another rewarding activity makes it all the more enticing and beneficial.



Create a grocery store game plan.

The grocery store is your key to success. Plan before you go, and let an entire healthy week unfold.

- ✓ Make a shopping list based on your weekly meal plan, and stick to it.
- ✓ Focus on shopping the outer aisles where the fresh food is located. The inner aisles contain a lot of processed food and snacks that aren't as healthy. This also helps prevent temptation if you bring your kids shopping with you.
- ✓ You know this one: shop on a full stomach so you're not tempted to buy unhealthy processed food or junk food.



Restaurants: Order with ease.

- ✓ Look at the menu and nutrition info online before you go.
- ✓ Decide what you're going to order before you go to a restaurant so you're not tempted by the look and smell of less healthy choices.
- ✓ Avoid buffets.
- ✓ Ask your server how food is prepared before deciding what to order.
- ✓ Ask for veggies instead of fries or other high-calorie side dishes.
- ✓ Choose baked, steamed, grilled, or broiled instead of fried.
- ✓ Share your main dish with a friend or eat half of it and wrap up the rest to take home to eat later.
- ✓ Order sauces, salad dressing, or spreads on the side, and use sparingly.
- ✓ Avoid items that seem healthy but aren't, such as salads loaded with dressing, cheese, croutons, and bacon.

Sample Shopping List



SHOPPING LIST

Use the list below as a guide on your next trip to the grocery store.

(Depending on your preferences and the amount of people you are feeding, you may not need all of the items on this list.)

REFRIGERATOR

- Fruit (a few of your favorites)
- Vegetables (a few of your favorites – focus on non-starchy vegetables)
- Skim, 1% low-fat milk, or unsweetened soy milk
- Non-fat or low-fat yogurt
- Eggs or egg substitute
- Cottage cheese
- Reduced-fat cheese
- Fresh meat, poultry or fish that you'll use in the next few days
- Trans-free margarine or margarine with plant sterols or stanols

FREEZER

- Frozen fruit
- Frozen vegetables
- Frozen fish fillets or shellfish
- Frozen chicken breast (boneless, skinless)
- Frozen meals (lower-sodium, lean options for days when time is tight)

SPICE CABINET

- Balsamic vinegar or other vinegars that you cook with (white wine, rice, or cider vinegar)
- Pepper
- Salt-free spices—your favorites
- Salt-free dried herb or spice blends
- Cooking sprays
- Vegetable oil
- Olive oil

PANTRY

- Canned vegetables
- Canned fruit (canned in juice)
- Canned beans (low-sodium if available)
- Fat-free refried beans
- Canned tuna or salmon
- Instant oatmeal or quick oats
- Whole grain cereal (unsweetened)
- Brown rice or other whole grains (for example, quinoa, bulgur, or whole grain barley)
- Pasta (try whole wheat)
- 100% whole wheat bread or pita bread
- Dried fruit
- Unsalted nuts
- Peanut butter or another nut butter
- Seeds (sunflower, flax)
- Popcorn (light, microwave)
- Potatoes (white or sweet)
- Spaghetti sauce

Visit diabetes.org/quickmealideas or call 1-800-DIABETES for more information.

Sample Shopping List

Fruits & Vegetables

Tip: Choose fruits & vegetables in a range of colors. Nonstarchy vegetables are lowest in calories and carbohydrates.

Fresh Fruits:

- Berries
- Bananas
- Apples
- Oranges
- Grapefruit
- Watermelon
- Cantaloupe
- Avocados
- Tomatoes
- Peaches

Nonstarchy Vegetables:

- Broccoli
- Cauliflower
- Brussel sprouts
- Green beans
- Eggplant
- Asparagus
- Celery
- Salad greens
- Zucchini
- Carrots

Starchy Vegetables:

- Winter Squash
- Corn
- Sweet potatoes

Meat & Seafood

Tip: Try to plan at least 2 servings of fish weekly. Aim to fit 3 servings of lean meat into your meal plan weekly.

- Chicken
- Turkey breast
- Lean meat
- Fatty fish (salmon, sardines, mackerel)

Legumes

Tip: Try incorporating legumes as a plant-based source of protein and fiber

- Beans (black beans, garbanzo beans, kidney beans, lima beans)
- Peanuts
- Peas
- Lentils

Dairy & Dairy Alternatives

Tip: Try nondairy products such as those made with soy, flax, almond or hemp. Watch out for added sugars.

- Low fat cheese
- Non-fat / fat-free yogurt or Greek yogurt
- Low fat milk
- Low fat cottage cheese
- Low fat ricotta cheese

Grains

Tip: Look for words such as corn, oats, buckwheat or quinoa

- Whole wheat / whole grain bread
- Whole wheat pasta
- Oatmeal
- Rice (basmati, brown, or wild rice)
- Low carb tortillas
- Flaxseed

Frozen Food

Tip: Read the nutrition label to avoid products with lots of additives such as sugar or sodium.

- Fruits
- Vegetables
- Meat alternatives (black bean, tofu, etc)
- Fish or shrimp
- Chicken
- Lean burger patties

Canned Foods

Tip: Choose fruits packed in juice, not syrup, and look for low sodium vegetables

- Fruits
- Vegetables
- Beans (black, kidney, pinto)
- Tuna
- Chicken breast
- Sugar free spaghetti sauce
- Salsa

Cereals & Snacks

Tip: Look for words such as whole grain, whole wheat, sprouted grain and high fiber

- Cereal and/or crackers
- Snack bars
- Nuts
- Light popcorn

Drinks

Tip: Look for no sugar added

- Water
- Unsweetened Tea
- Sparkling water
- Flavored water
- Gatorade zero

Keep Moving: Set a Fitness Goal for Healthier Movement



Get active. Our bodies are made to move, and we feel better when we do. That said, getting started can be a challenge. One thing is for sure—you won't stick with something that you don't like doing, and you shouldn't have to.

There are lots of ways to get moving; for example, walking is a great physical activity, and just about anyone can do it. Just be sure to check with your doctor about which activities are best for you and if there are any you should avoid.

So, set a goal that works for you! And gradually work up to being active at a moderate intensity at least 150 minutes per week. One way to do this is to aim for 30 minutes, 5 days a week. Moderate-intensity activities are those that make you breathe harder and make your heart beat faster, such as a brisk walk.

Goals:	Number of days a week being active:	How many active minutes each time:	Total number of active minutes each week:	Goal date:
My physical activity goal for now:				
My intermediate physical activity goal:				
My ultimate physical activity goal:				



Make a Plan! Put it on the calendar and choose the same time or location for your daily activity. The more regular you are physically active, the quicker being active becomes a habit.

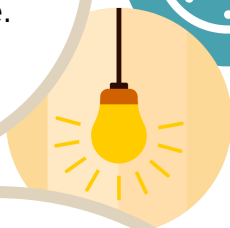


Tips for Moving

Find ways to be active for **at least 30 minutes, 5 days a week**. Use these tips to get started, and keep moving:

Try to Sit Less

Get up every hour and move.



Dress To Move

Your clothes should allow you to move and should keep you dry and comfortable.



Start Slowly

Start by taking a 5-10 minute walk (or doing another activity that you like) on most days of the week. Slowly, add more time until you reach at least 30 minutes of moderate-intensity activity 5 days a week.



Move Throughout the Day

When going shopping, park further away from the store's entrance to increase your walk time. If you ride the bus, get off one stop early and walk the rest of the way if it is safe.



Move More at Work

Take a “movement break” during the day. Go for a walk during lunchtime. Deliver a message in person to a coworker instead of sending an email. Walk around your workplace while on the phone. Take the stairs instead of the elevator to your workplace.



Have Fun

Being active doesn't have to be boring or painful. Turn up the music and dance while cleaning the house!



Make It Social

When you bring other people into your activities, you are more likely to stick to your plan.



Count Your Steps

Use a pedometer or other wearable device to keep track of your steps. Work up to 7,000-10,000 steps per day.



Keep At It

Reward yourself with nonfood treats, such as watching a movie, to celebrate your small successes. The longer you keep at it, the better you'll feel.

Stretch It Out

If your body aches or is sore, you are less likely to move more—try stretching after being active.



Potential Fitness Roadblocks

Starting a physical activity program and sticking with it may be easier than you think. You can overcome these common roadblocks to physical activity.

I Don't Have Time....

- **Do 10 minutes of physical activity at a time.** Spread bursts of activity throughout your day.
- **Add a 15-minute walk** or activity that you will stick with during your lunch break or after dinner.
- **Make activity part of your daily routine.** Walk a flight of stairs or, instead of driving, walk or bike with your child to school.

I'm Not That Motivated or Interested....

- **Switch it up.** Try a new activity, such as dancing or water aerobics, to find out what you enjoy most.
- **Make it social.** Meet a friend for workouts or train together for a charity event. Or join a class or sports league where people count on you to show up. No matter what age your kids are, find an activity you can do together. Dance to music or play sports such as basketball or tennis, in a wheelchair if needed.
- **Seek support.** Who will inspire you to get moving and help you reach your goals?

It's Too Hot,
Cold, or
Rainy....

- **Wear the right gear.** A rain jacket, sun hat and sunscreen, or winter clothes will protect you and help you stick to your plans.
- **Find a place to stay active indoors.** Download an app to your phone or other device to be active at home, or take an indoor class when the weather is bad. Your local community center or place of worship may offer low-cost options.

I'm Afraid It
Will Cost
Too Much....

- **Check out your local recreation or community center.** These centers may cost less than other gyms, fitness centers, or health clubs. Find one that lets you pay only for the months or classes you want, instead of the whole year.
- **Choose physical activities that do not require special gear or advanced skills.** Turn on some music and host a dance party with friends and family.

Prepare to Break Through Your Roadblocks.

What are the top three things keeping YOU from being more active? Use your phone, calendar, or computer to make a list of any barriers that come to mind and how you can overcome them.

Tracking Progress

Tracking your food and fitness is a good way to plan and measure your progress as you work towards your goals. There are many apps that are user-friendly and convenient for tracking your health and meeting your goals:



Apple Health can be used to track daily steps, walking/running distance, flights climbed, heart rate, nutrition, sleep, and weight. Other health apps can be synched with Apple Health.



Samsung Health can be used to track daily steps, food & water intake, weight, sleep, heart rate, stress, and walking/running/cycling/hiking exercise. Other health apps can be synched.



A Fitbit can be worn on your wrist to track walking/running/swimming/cycling distance, along with calories burned, heart rate, and sleep quality. This data can be accessed using the Fitbit app.



MyFitnessPal allows you to log meals and exercise throughout the day and then calculates the amount of calories consumed and burned.



Google Fit automatically tracks activities like walking, biking, and running and can be used to track fitness goals and weight-loss programs. Other health apps can be synched with Google Fit.

Although these apps may be helpful in tracking your health, working with your registered dietitian or other members of your healthcare team may still be the best starting point in establishing initial goals, along with personalized nutrient and activity levels.

National Diabetes Prevention Program

You can reduce your risk of type 2 diabetes by enrolling in a year-long lifestyle change program offered by the YMCA and Northwest Senior and Disability Services. This nationally recognized program, developed by the Centers for Disease Control and Prevention, provides you with a wellness coach and group support for your success.

A key part of the National DDP is a **lifestyle change program** that provides:



**A TRAINED
LIFESTYLE
COACH**



**A CDC-APPROVED
CURRICULUM**



**GROUP SUPPORT
OVER THE COURSE
OF A YEAR**

A DPP lifestyle coach will help you....

- Overcome barriers for a healthy lifestyle
- Understand the core principles of healthy eating and physical activity
- Track food intake and physical activity
- Find support for a healthy lifestyle
- Cook nutritious meals
- Incorporate fitness into daily life
- Reduce stress and cope with triggers of unhealthy behaviors

Research shows a structured lifestyle intervention can cut the risk of type 2 diabetes in

HALF



MONTHLY ORIENTATION OPPORTUNITIES

English or Spanish orientations and classes are offered monthly:

- Day: _____
- Time: _____
- Location: Tillamook County YMCA or via Zoom

For more information, please contact Kelly Benson at 503-842-9622 x 111 or at kbenson@tillamookymca.org. For Spanish options, please contact Angelica Ortiz at 360-561-5275.

NATIONAL
DIABETES
PREVENTION
PROGRAM

Nutrition Resources

Nutritional Counseling

Local clinical services that provide a supportive environment to learn about nutrition, ask questions about food & health, and set goals with a registered dietitian.

Adventist Health: 503-842-5546

<https://www.adventisthealth.org/tillamook/>

Tillamook County Community Health Center: 503-842-3900

<https://tillamookchc.org/medical-services/nutrition-services/>

Nutrition & Cooking Classes

Contact the organizations below to learn more about current opportunities

Northwest Senior & Disability Services: 1-866-206-4799

information.nwsds@nwsds.org

<https://nwsds.org/>

Oregon State University Extensions Services: 503-842-3433

TillamookExtensionOffice@oregonstate.edu

<https://extension.oregonstate.edu/tillamook>

Sources for Healthy Recipes

Eat Right, Academy of Nutrition & Dietetics: <https://www.eatright.org/>

Eat Well, Tillamook County Wellness: <https://tillamookcountywellness.org/eat-well/>

Food Hero, OSU Extension: <https://www.foodhero.org/>

Food Hub, American Diabetes Association: <https://www.diabetesfoodhub.org/>

Fitness Resources

Fitness Facilities

*Wide range of programs including both group fitness classes and personal training.
See links below for current programming.*

Kiawanda Community Center: 503-965-7900, <https://kiawanda.com/>

North County Recreational District: 855-444-6273, <https://www.ncrd.org/>

Tillamook Family YMCA: 503-842-9622, <https://tillamookymca.org/>

Fitness Programs

Contact the organizations below to learn more about current opportunities

Northwest Senior & Disability Services and YMCA Partnership: 1-866-206-4799,
information.nwsds@nwsds.org
<https://nwsds.org/>

Oregon State University Extensions Services: 503-842-3433,
TillamookExtensionOffice@oregonstate.edu
<https://extension.oregonstate.edu/tillamook>

Tillamook Bay Community College: <https://tillamookbaycc.edu/programs-services/register-for-courses/course-catalog-schedules/>
(available programming is subject to change)

Tillamook County Wellness: <https://tillamookcountywellness.org/move-well/>

Other Support

Behavioral Health Services

Opportunity to consult with a counselor to help navigate health concerns and coordinate an integrated and holistic care response.

Adventist Health: 503-842-4444

<https://www.adventisthealth.org/tillamook/services/behavioral-health/>

Tillamook County Community Health Center: 503-842-3900

<https://tillamookchc.org/behavioral-health/>

Tillamook Family Counseling Center: 503-842-8201

<https://tfcc.org/>

Rinehart Clinic: 1-800-368-5182

<https://www.rinehartclinic.org/>

Community Lifestyle Programs

Contact the organizations below to learn more about current opportunities

Community Wellness Classes, Rinehart Clinic: 1-800-368-5182

<https://www.rinehartclinic.org/events-programs>

Diabetes Undone, Adventist Health: 503-842-4444

<https://www.adventisthealth.org/events-calendar/event-details/?event=7409>

Lifestyle Medicine, Adventist Health: 503-842-5546

National Diabetes Prevention Program, Tillamook YMCA: 503-842-9622 x 111

<https://tillamookcountywellness.org/connect-well/diabetes-prevention/>

Food Assistance

Food Assistance Programs

Food Roots: 503-815-2800 (access to local foods with SNAP matching program)
<https://www.foodrootsnw.org/>

Supplemental Nutrition Assistance Program (SNAP): 503-842-4453 (TC office)
<https://www.oregon.gov/dhs/assistance/food-benefits/pages/about-snap.aspx>

Women, Infants, and Children (WIC): 503-842-3943 (TCCHC WIC assistance)
<https://tillamookchc.org/public-health/nutrition-for-women-infants-children-wic/>



ORB—TCS and affiliated agencies are the same for everyone without regard to their race, color, national origin, age, gender, sexual orientation, or disability.
 ORB-TCS y las agencias afiliadas son iguales para todos sin importar raza, color, procedencia, edad, sexo, orientación sexual o incapacidad. Porque nadie debe tener hambre...

RESOURCE QUICK GUIDE — FOOD PANTRIES/DESPENSAS DE ALIMENTOS



SITES/SITIOS	MONDAY/ LUNES	TUESDAY/ MARTES	WEDNESDAY/ MIÉRCOLES	THURSDAY/ JUEVES	FRIDAY/ VIERNES	SATURDAY/ SÁBADO	SUNDAY/ DOMINGO	COMMUNITY PARTNERS SOCIOS DE LA COMUNIDAD
North County Food Bank 278 Rowe Street, Wheeler, OR 97147 503-368-7724 Tuesday/Martes 1 pm to 3 pm		1PM — 3PM						Community Action Resource Enterprises (CARE) 2310 1st Street Tillamook, OR 97141 503-842-5261
God's Lighthouse 103 Eighth Street, Garibaldi, OR 97118 503-322-3501 10 am to Noon Open 2 Fridays per month. Please call for dates Abierto 2 Viernes por mes llame para fechas					Two Fridays per Month/ Dos viernes al mes			
Tillamook Food Pantry 3808 12th Street, Tillamook, OR 97141 503-815-3880 Monday/Lunes 4pm to 6pm Friday/Viernes 11am to 1pm	4PM — 6PM				11AM — 1PM			SNAP Sign-up and Information Department of Human Services 4670 East 3rd Street Tillamook, OR 97141 503-842-4453 877-317-9911 Toll-free number/al numero gratuito http://www.oregon.gov/DHS/assistance/food-benefits/pages/index.aspx
Nestucca Pass It On Ministries 24425 Bunn Creek Road, Beavon, OR 97108 503-398-2803 Tuesday/Martes 10 am to Noon Thursday/Jueves 4:30 pm to 6 pm		10AM — 12PM		1:30PM — 3PM				North West Senior and Disability Services 4670 East 3rd Street Tillamook, OR 97141 503-842-2770
South County Food Pantry 35305 Brooten Road, Pacific City, OR 97135 503-201-7462 Every other/Cada dos Tuesday/martes 4 pm to 6 pm		Every Other Tuesday/ Cada otro 4PM/ 6PM						Food Roots 113 Main Ave Tillamook, OR 97141 503-815-2800
Hebo Food Pantry 31350 Highway 101 S, Hebo, OR 97122 503-392-3585 Open last Saturday of the month. Noon to 2 pm Abierta el último sábado del mes. Mediodía a 2 p.m.						Last Sat. Of Month/ Ultimo sábado de mes		OSU Extension Service 4506 3rd Street East Tillamook, OR 97141 503-842-3433
Seventh Day Adventist Community Services <i>Clothing and household items available</i> 2710 First Street, Tillamook, OR 97141 503-842-4794 Tuesday and Thursday/Martes y Jueves 10 am to 2 pm		10AM — 2PM		10AM — 2PM				
Nehalem Bay United Methodist Church 36050 10th Street, Nehalem, OR 97131 503-322-0012 Friday and Saturday/viernes y sabado	10AM — 2PM				10AM — 2PM	10AM — 2PM		



RESOURCE QUICK GUIDE — MEAL SITES/SITIOS DE COMIDA

SITES/SITIOS	COASTAL SENIOR DINING CENTERS (MEALSITE) CENTROS COMEDORES ALTOS COSTEROS (MEALSITE)							
	MONDAY/ LUNES	TUESDAY/ MARTES	WEDNESDAY/ MIÉRCOLES	THURSDAY/ JUEVES	FRIDAY/ VIERNES	SATURDAY/ SÁBADO	SUNDAY/ DOMINGO	
St. Mary's By The Sea Senior Meals 275 S. Pacific St., Rockaway, OR 97136 503-355-2661 Monday, Wednesday, Friday/Lunes, el miércoles, el viernes Arrive by/llegar por 11:30 am—11:45 am								
First Christian Church—The Dining Room 2203 Fourth Street, Tillamook, OR 97141 503-842-6213 Tuesday and Thursdays/El martes y el Jueves 4 pm to 5:30 pm Entry through doors on Fourth and Madrona Entrada por Fourth y Madrona								
Nazarene Church Meal Site 2611 Third Street, Tillamook, OR 97141 503-842-2549 Saturday/Sábado 4 pm to 5:30 pm Sunday/Domingo 4 pm to 5:30 pm								
Come to the Table* 2610 First Street, Tillamook, OR 97141 Wednesday/ miércoles 4:30 pm—5:30 pm *Program is not part of the OFB—TCS Network. Program is a Community Partner. El programa no es parte de la Red OFB - TCS. Es un programa de Socios de la Comunidad								
COASTAL SENIOR DINING CENTERS (MEALSITE) CENTROS COMEDORES ALTOS COSTEROS (MEALSITE)								
Tillamook Senior Center—316 Stillwell, Tillamook, OR, 97141 503-842-9660	CALL FOR INFORMATION		LLAME PARA INFORMACIÓN					
United Methodist Church—10th & A St, Nehalem, OR, 97131 503-368-3622	CALL FOR INFORMATION		LLAME PARA INFORMACIÓN					
Kiwanda Community Center—34600 Cape Kiwanda Drive, Pacific City, OR, 97135 503-965-7900	CALL FOR INFORMATION		LLAME PARA INFORMACIÓN					

Due to the COVID-19 Virus, program days/times and availability may change.
 Debido al virus COVID-19, los días / horarios del programa y la disponibilidad pueden cambiar.

UPDATED ON February 4, 2021