

SUNDAY MORNING




HEALTH CORNER

Five Things African Americans Need to Know About Prediabetes

This Black History Month, understand your health history and reshape your destiny, especially when it comes to prediabetes. As an African American, there are 5 things you should know:




1. Americans are at a higher risk for prediabetes than non-Hispanic whites, especially if type 2 diabetes runs in their family. Around 36% of African Americans have prediabetes, where blood sugar levels are higher than normal, but not high enough to be type 2 diabetes. Take your knowledge of high risk and kick type 2 diabetes out of the family tree now.

2. Learning if you're at risk for prediabetes is the first step toward a healthier destiny. Prediabetes risk increases if someone:

-  Has a parent, brother, or sister with type 2 diabetes.
-  Is 45 years old or older.
-  Is overweight or is physically active fewer than 3 times per week.

3. Prediabetes is a serious condition that can lead to type 2 diabetes and other health problems. These could include heart disease, stroke, blindness, and kidney failure.

4. You can reverse prediabetes. Type 2 diabetes doesn't have to be a part of your future. You can reverse prediabetes with healthy lifestyle changes like eating healthier, getting more physical activity, and managing stress. Here are some things you can do now:

-  Grab a friend and go for a brisk walk or jog.
-  Put on some music and dance.
-  Try a healthy twist on family recipes like grandma's classic sweet potato pie, momma's collard greens, or your favorite auntie's potato salad. You can also try choosing healthy foods at the buffet table at family events.

5. You can take action to prevent type 2 diabetes. The Southeast Diabetes Faith Initiative (SDFI) offers a lifestyle change program that can help you learn the skills you need to lose weight, become more physically active, and manage stress. Studies show that people with prediabetes who take part in the Centers for Disease Control and Prevention's (CDC's) National Diabetes Prevention Program lifestyle change program can reduce their risk for type 2 diabetes by 50%.

Learn if you are at risk for Type 2 diabetes, by taking a Risk Test. Visit www.balmingilead.org/sdfi

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