

PreDiabetes

The CDC estimates that 86 million people are affected by prediabetes. This includes 51% of people over the age of 65. An estimated 90% of these people are unaware. According to the CDC, 15-30% will develop type 2 diabetes within 5 years.

Prediabetes occurs when blood sugar levels are higher than normal, but not high enough to be diagnosed as type 2. The elevated blood sugar is usually accompanied by high blood pressure and high cholesterol.

Diagnosis involves a glycosylated hemoglobin test, A1c. An A1c less than 5.7% is normal; between 5.7% - 6.4% is prediabetes; over 6.5% is diabetes. Another method is a fasting plasma glucose which is done in the morning with no food consumed the previous 8 hours. Less than 100mg/dl is normal; 100 mg/dl – 125 mg/dl is prediabetes; 126 mg/dl and above is diabetes.

Who's at risk? Overweight & obese individuals; those who exercise less than 3 times per week; people with African American, Hispanic/Latino, American Indian, Pacific Islander racial or ethnic background.

Causation? Primarily lifestyle factors – diet, lack of exercise, stress, sleep patterns- however, family history and genetics play a role.

Diabesity This information was presented at the Barbara Davis Diabetes Center in Keystone CO, July 2014. 40% of Americans will develop Type 2 diabetes. For black men and Hispanic men & women, the rate is 50%. The “diabesity” epidemic is the main driver of this increase. According to Dr. Edward Gregg, chief of the epidemiology & statistics branch in the division of diabetes translation at the CDC, “the thing that’s going to have the biggest effect is if people with multiple risk factors make sustained changes in their lifestyle.”

How does Shaklee 180 help? Research has shown that losing 5-7% from a prediabetic’s initial body weight is critical in lowering the chance of developing Type 2 diabetes. **We have a big job to do!**