

What is pre-diabetes?

What Is Pre-Diabetes Fact Sheet

People with pre-diabetes have higher than normal blood glucose (sugar) levels, but they are not high enough for them to be diagnosed with type 2 diabetes.

The scientific names for pre-diabetes are impaired fasting glycemia (blood glucose levels between 6.1 and 6.9 mmol/L) or impaired glucose tolerance (blood glucose levels between 7.8 and 11.1 mmol/L two hours after an oral glucose tolerance test). In order for you to be diagnosed with type 2 diabetes, your fasting blood glucose level would need to be greater than or equal to 7.0 mmol/L, or greater than or equal to 11.1 mmol/L two hours after an oral glucose tolerance test.

In other words, people with pre-diabetes are in the grey area between having normal blood glucose levels and developing type 2 diabetes. Without treatment, 1 in 3 people with pre-diabetes will develop type 2 diabetes within 10 years. Also, people with pre-diabetes have a higher risk of having a heart attack or stroke (cardiovascular disease) than people with normal blood glucose levels. Therefore, think of pre-diabetes as an early warning, because you are at high risk of developing type 2 diabetes and cardiovascular disease.

The good news is that if you do have pre-diabetes, there is strong evidence that you can prevent type 2 diabetes developing if you lose a moderate amount of weight (about 7.5% of your current body weight, or 6 kg for an average 80 kg Australian adult), improve your diet and increase your physical activity levels. Indeed, most people (around 1 out of 2) can prevent pre-diabetes from developing into type 2 diabetes.

Phase 1 of the KnowDiabetes Type 2 Diabetes Prevention & Remission Plan is designed to help you to lose at least 7.5% of your body weight in 8 to 12 weeks, and then Phase 2, 3 and 4 teach you how to keep it off through healthy eating and regular physical activity, over the following 9 weeks. For further support after you have finished the program, you can consult our KnowDiabetes Accredited Practicing Dietitians and Exercise Physiologists.

By the end of the KnowDiabetes Type 2 Diabetes Prevention & Remission Plan you will be looking better, feeling better and you will have halved your risk of developing type 2 diabetes.

