

## What we do

The National Aboriginal Diabetes Association works towards diabetes-free healthy communities. To achieve this vision we work with people, communities and organizations to:

- Raise awareness about diabetes and Aboriginal Peoples in Canada
- Advocate for programs and services for the prevention of type 2 and gestational diabetes among Aboriginal Peoples
- Advocate for programs and services for diabetes management for Aboriginal Peoples living with diabetes
- Promote healthy lifestyles to prevent the onset or complications of diabetes for Aboriginal Peoples

## NADA.CA

Please visit our website to see our bi-monthly newsletters, find numerous community and organizational resources, check our calendar/ events page, information about upcoming webinars, learn more about NADA, or get involved.

NADA has an agenda for change through wholistic activities that will make a difference for Aboriginal Peoples affected by diabetes.

## Our Vision

The National Aboriginal Diabetes Association envisions diabetes-free healthy communities.

## Our Mission

The National Aboriginal Diabetes Association's mission is to lead the promotion of healthy environments to prevent and manage diabetes by working together with people, communities and organizations.

## Our Values

- **Aboriginal Communities & Families** are at the front and centre of what we do in connecting with people and communities
- **Respect** of diversity, culture and traditional knowledge of people and communities
- **Honour and Validation** of experiences, wisdom, history, knowledge and cultural differences in building relationships
- **Caring and Sharing** in how we approach people, families and communities in our work
- **Integrity** in the way we strive for excellence and quality in the work that we do
- **Unity** in representing the best interests of people and communities



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Association

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## What is pre-diabetes?

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[www.nada.ca](http://www.nada.ca)

## What is pre-diabetes?

Pre-diabetes is a warning sign that you are at risk for getting type 2 diabetes. It means that your blood sugar is higher than it should be, but not high enough to be diabetes. Pre-diabetes is also called **impaired glucose tolerance** or **impaired fasting glucose**. Most people who get type 2 diabetes have pre-diabetes first.

## What causes pre-diabetes?

The food you eat turns into sugar, which your body uses for energy. Normally, an organ called the pancreas makes insulin, which allows the sugar in your blood to get into your body's cells. But when your body can't use insulin the right way, the sugar doesn't move into cells. It stays in your blood instead. This is called insulin resistance. The buildup of sugar in the blood causes pre-diabetes.

People who are overweight, aren't physically active, and have a family history of diabetes are more likely to get pre-diabetes. Women who have had gestational diabetes are also more likely to get pre-diabetes.

## What are the symptoms?

Most people with pre-diabetes don't have any symptoms. But if you have pre-diabetes, you

need to watch for signs of diabetes, such as:

- Feeling very thirsty
- Urinating more often than usual
- Feeling very hungry
- Having blurred vision
- Losing weight without trying

## How is pre-diabetes diagnosed?

A blood test can tell if you have pre-diabetes. You have pre-diabetes if:

- The results of your fasting blood glucose test are between 6.1 to 6.9 millimoles per litre (mmol/L)
- The results of your oral glucose tolerance test (OGTT) are 7.8 to 11.0 mmol/L (2 hours after the beginning of the test)
- The results of your hemoglobin A1c test are 6.0% to 6.4%

## How is it treated?

The key to treating pre-diabetes and preventing type 2 diabetes is getting your blood sugar levels back to a normal range. You can do this by making some lifestyle changes.

- Watch your weight. If you are overweight, losing just a small amount of weight may help. Reducing fat around your waist is particularly important.
- Make healthy food choices. Limit the

amount of unhealthy fat you eat, such as saturated fat and trans fat. Try to cut calories and limit sweets.

- Be active. You can do moderate activity, vigorous activity, or both. Bit by bit, increase the amount you do every day. You may want to swim, bike, or do other activities. Walking is an easy way to get exercise. If your doctor says it's okay, do muscle-strengthening exercises at least 2 times a week.
- Making these changes may help delay or prevent diabetes. You may also avoid or delay some of the serious problems that you can get when you have diabetes, such as heart attack, stroke, and heart, eye, nerve, and kidney disease.

Some doctors may use medicine to control blood sugar in people with prediabetes. If your doctor prescribed medicine to help control your blood sugar, take it as prescribed.

## Can pre-diabetes be prevented?

Staying at a healthy weight, eating healthy foods, and getting regular exercise can help prevent prediabetes.



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