



## Minnesota Lions Diabetes Foundation Update

More than **37 million** people in the United States live with diabetes. **96 million** American adults — more than **1 in 3** — are prediabetic. **80 percent** who are prediabetic do not know it. Those are big numbers. The risks associated with those numbers are huge.

### Prediabetes

Prediabetes is a serious health condition in which your blood glucose (sugar) levels are higher than normal, but not high enough for a diabetes diagnosis. Your body does not respond normally to insulin, a hormone made by your pancreas that allows blood sugar into body cells for use as energy. As a result, your pancreas makes more insulin to get cells to respond. Eventually your pancreas can't keep up and your blood sugar level increases and the stage is set for you to be prediabetic.

### People who are at risk for prediabetes

If you have any of the following risk factors for prediabetes, talk with your health care provider.

- Being overweight or obese
- Age 45 or older
- Have an immediate family member (parent, brother, sister) who has been diagnosed with Type 2 diabetes
- Physically active *less than* 3 times a week
- Diagnosed with gestational diabetes diagnosis while pregnant
- Birthed a baby who weighed more than 9 pounds
- Have health conditions such as high blood pressure and high cholesterol or a history of heart disease or stroke
- Diagnosed with Polycystic Ovary Syndrome or Metabolic Syndrome
- Darkened skin in such areas as armpits, neck or groin
- African Americans, Hispanic / Latino Americans, Alaska Native, American Indians, Pacific Islander American, Native Hawaiian, Asian Americans are at higher risk

### Children and Prediabetes

Prediabetes and diabetes are becoming more common in children and adolescents, most likely due to increase in childhood obesity. Ask health care providers for prediabetes screening for children and youth who have risk factors:

- Family history of Type 2 diabetes
- Being of a race or ethnicity associated with increased diabetes risk
- Had low birth weight
- Born to mother who had gestational diabetes

### Preventing moving from prediabetes to Type 2 diabetes

At this stage, lifestyle changes can be made that may prevent you from becoming Type 2 diabetic.

- Maintain a healthy weight
- Choose healthy food and beverages
- Be physically active at least 30 minutes 3 times a week
- Reduce stress
- Seek support

### Minnesota Lions Diabetes Foundation (MLDF)

We are dedicated to improving the quality of life for people with diabetes by funding research to develop a cure for diabetes, providing education and sponsoring preventative health activities. This month we are working to increase awareness and helping communities in preparing for hypoglycemia (low blood sugar) emergencies by providing a Diabetes Emergency Kit preparation service project for Lions Club International Directors partners-in-service who will help when the LCI board meets in Minnesota.

***Your club support in working with us to place these kits in your community – schools, fitness centers and other community locations is important.*** Please contact us about these kits and how you can help us place them in your community.

### Club Visits and Diabetes Service Projects

Please contact your 5M-5 MLDF Trustees to learn more about diabetes and diabetes service projects, and to schedule your club visit (in-person, or online). We can also provide you with diabetes service projects for your club that can be done in person, or on social media platforms or by email. *Your support of MLDF is making a difference for countless people in your community and across the world, as new treatments are developed and progress toward a cure for diabetes advances.*