

What you should know about pre-diabetes

What is pre-diabetes?

Pre-diabetes is a condition that most people have before they develop diabetes. It means that your blood sugar (glucose) is higher than normal, but not high enough to be diagnosed with diabetes. Pre-diabetes means you have a fasting blood sugar level of 100 to 125 mg/dl. If you are diagnosed with pre-diabetes, you are at higher risk for developing diabetes in the future. Pre-diabetes also puts you at greater risk for heart disease and stroke.

The good news is that maintaining a healthy weight and being more active can reverse pre-diabetes and delay or prevent type 2 diabetes.

What is type 2 diabetes?

Diabetes is a condition that makes it hard for your body to turn the food that you eat into energy. After you eat, your body releases a hormone (insulin) that helps the sugar from your food to enter the cells where it is used for energy. When you do not make enough insulin – or your body does not use insulin well – sugar builds up in your blood.

High blood sugar can damage your nerves and blood vessels. This may lead to a heart attack, stroke, or other serious health problems.

What else increases your risk for diabetes?

You are at greater risk for diabetes if you:

- are age 45 or over,
- carry excess weight (especially around the waist),
- are not physically active,
- have a family member with type 2 diabetes,
- have high blood pressure (over 140/90 mmHg),
- have low HDL cholesterol (35 mg/dl or lower) or high triglycerides (250 mg/dl or higher),
- are African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander, or
- have had diabetes during pregnancy (gestational



diabetes) or have given birth to a baby weighing more than 9 pounds.

How can you find out if you have pre-diabetes?

Pre-diabetes does not have symptoms. You will need to have your blood sugar checked to know if you have pre-diabetes. The tests that can check your blood sugar are:

- **Fasting plasma glucose test** - This test is done in the morning. Your doctor will ask you to not eat after a certain time the night before to make sure your blood sugar is not affected by food. A reading of 100 to 125 mg/dl is a diagnosis of pre-diabetes. These numbers aren't high enough for the diabetes range. A reading of 126 mg/dl and over would mean you may have diabetes. The test would need to be repeated to confirm the numbers.
- **A1c** - This test is done to look at your average blood sugar readings over a period of three months. It looks at the amount of glucose that is attached to the protein hemoglobin, which is part of red blood cells. You do not have to fast for this test. This number is listed as a percentage. A number of 5.7 to 6.4 means that you may have pre-diabetes.

What can you do to delay or prevent type 2 diabetes?

You can reduce your risk of type 2 diabetes by making healthy changes in your lifestyle. In the following sections you will find tips for making small changes that will have big effects on your health. Also, talk to your doctor about checking your blood sugar regularly in order to address any increases in blood sugar levels early.

How often should you be checked for pre-diabetes?

If you have been told you have pre-diabetes, your doctor should check your levels every year or more often if needed.

Should you take medicine if you have pre-diabetes?

Some people with pre-diabetes are prescribed medicines, such as Metformin to help them manage their blood sugar levels. Often, these levels can change by making healthy lifestyle changes. Talk to your doctor about your need for medicine.

- **Move more** - Be physically active every day. Physical activity is one of the most effective ways to delay or prevent type 2 diabetes. It also benefits your health by decreasing blood pressure and reducing your risk of heart disease, osteoporosis, and some cancers. Physical activity may also decrease your level of total cholesterol. Aim for 30 minutes of physical activity on most days.
 - » Make physical activity a social event. Go for walks or bike rides with family or friends.
 - » Consider using home exercise videos or exercise equipment.
 - » Try to get activity in throughout the day. Take the stairs instead of the elevator.
 - » Use a pedometer (step-counter) to track your steps. Determine how many steps you currently walk in a day, and then increase this number by 50 to 100 steps each week.
 - » Try strength training by lifting light weights a few times every week.

- **Eat healthier** - Make wise food choices. Changing what you eat can be hard, but when it comes to preventing a disease like type 2 diabetes, it's worth the effort to stay healthy. The following tips can help you get started:
 - » Choose smaller portions.
 - » Drink plenty of water.
 - » Try to eat slowly. It takes your stomach 20 minutes to tell your brain that it is full.
 - » Cut back on sugar by limiting sweetened beverages, like soda and fruit juice, or by switching to sugar-free drinks.
 - » Choose foods that are lower in fat and calories.
- **Maintain a healthy weight** - Losing weight and keeping it off is an important part of delaying or preventing type 2 diabetes. The key to maintaining weight is balancing the amount of calories you eat and drink with the amount you burn through regular physical activity. If you are overweight, losing 5 to 10 percent of your current body weight will improve your health.

Eat more	Eat less
Baked, boiled, broiled, or steamed food	Pan-fried or deep-fat fried foods
Fruits and vegetables	French fries, chips, crackers
Whole wheat bread and brown rice	White bread, white rice and potatoes
Non-fat milk, non-fat yogurt, non-fat cheese	High-fat dairy foods, such as whole milk, cheese, cream, and ice cream

For more information, visit:

- kp.org/health - learn more about pre-diabetes in our Health Encyclopedia.
- kp.org/healthyliving - use our online tools and calculators to help you manage pre-diabetes.
- kp.org/classes - sign up for classes to help you live a healthy lifestyle.

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent medical problems, or if you have further questions, please consult your doctor or member of your health care team. Adapted for use from KP Northern California TPMG.

The Plate Method



Fruit and Vegetables

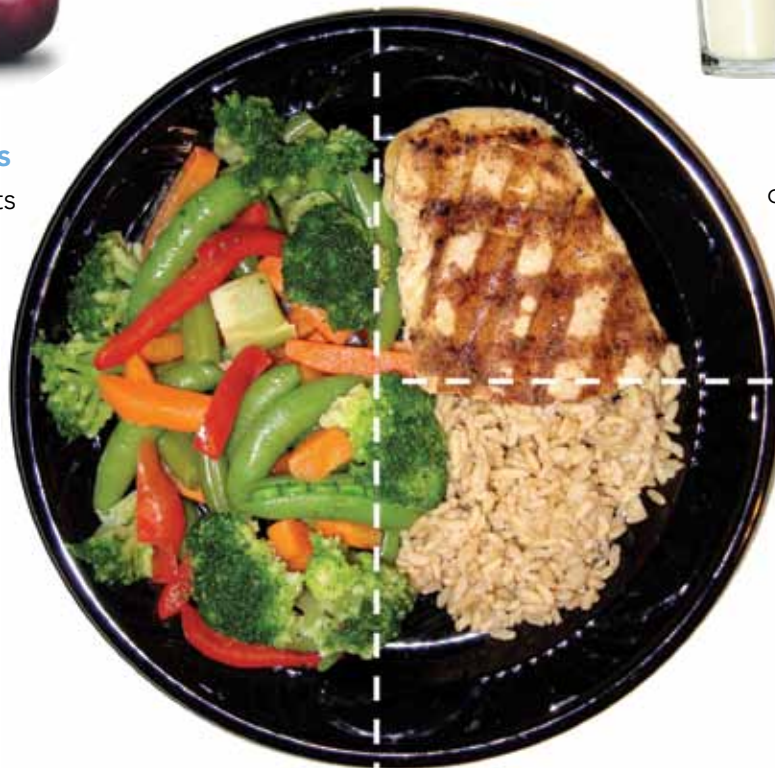
Make $\frac{1}{2}$ your plate fruits and vegetables.



Milk
8oz. = 1 cup

Protein

Make a little less than $\frac{1}{4}$ of your plate lean meat or other protein foods.



Grains/Starches

Make a little more than $\frac{1}{4}$ of your plate grains or starchy foods. Try whole grains like brown rice.



Select a 9 inch plate and use this guide to help keep your portions in control.

1 cup



Baseball

$\frac{1}{2}$ cup



Tennis ball

$\frac{1}{3}$ cup



Egg

2 Tbs



Golf ball

1 Tbs



Walnut

1 tsp



Penny

3 oz.



Deck of cards

1 oz.



Four dice

Healthy food choices

<p>Grains/ Starch 6-11 servings per day</p>	<p>Serving sizes:</p> <ul style="list-style-type: none"> • ¼ large bagel • 1 slice bread • ½ pita or English muffin • 1 6-inch tortilla or chapati • ½ cup cooked dried beans • ½ cup sweetened cereal • ¾ cup unsweetened cereal • ⅓ cup cooked pasta, rice or couscous • ½ cup cooked cereal • ½ cup peas or corn • 1 small potato (3 oz.) • 4 to 6 crackers • ½ cup sweet potato • 3 graham cracker squares • 3 cups light popcorn 			
<p>Fruit 3-5 servings per day</p>	<p>Serving sizes:</p> <ul style="list-style-type: none"> • 1 medium apple • ½ medium banana • 1 cup berries • ½ cup grapes • 1 cup melon • 1 small orange • ½ grapefruit • 2 tbsp. raisins • 1 medium pear • ½ cup 100% fruit juice • ½ cup canned fruit (in juice or light syrup) • ½ mango 			
<p>Milk 2-3 servings per day</p>	<p>Serving sizes:</p> <ul style="list-style-type: none"> • 1 cup fat-free or 1% milk • 1 cup soy milk • 6-8 oz. plain nonfat yogurt • 6-8 oz light yogurt 			
<p>Vegetable 4-5 servings per day</p>	<p>1 cup raw vegetables or ½ cup cooked vegetables. Examples of non-starchy vegetables:</p> <ul style="list-style-type: none"> • broccoli • cucumber • carrots • cauliflower • celery • green beans • peppers • lettuce • ½ cup V-8 or tomato juice • greens (kale, collard, mustard) • tomatoes • asparagus • spinach 			
<p>Protein 4-6 servings per day</p>	<p>Serving sizes:</p> <ul style="list-style-type: none"> • 1 oz fish • 1 oz skinless chicken or turkey • 1 oz lean beef, pork, lamb, or veal • ½ cup tofu or beans • 1 egg or 2 egg whites • ¼ cup egg substitute • ¼ cup low-fat cottage cheese • 1 oz low-fat cheese • 2 tbsp. peanut butter 			
<p>Fat and oil 3-6 servings per day</p>	<p>Serving sizes:</p> <ul style="list-style-type: none"> • 1 tsp. butter, oil, soft margarine or mayonnaise • 10 peanuts • 6 almonds • 9 cashews • 1 tbsp. cream cheese or salad dressing • 2 tbsp light cream cheese or salad dressing • 1/8 avocado • 1 tsp vegetable oil • 1 slice bacon • 3 tbsp. low-fat sour cream 			
<p>Weight loss tips</p>	<p>Spice it up!</p> <ul style="list-style-type: none"> • Buy fresh, frozen, or canned vegetables • Replace soda with water • Eat 3 meals a day • Remove serving dishes from the table to avoid second helpings • Limit second helpings to salad and vegetables • Bake or broil, avoid fried foods • Take skin off chicken • Cook rice and pasta without salt • Use fresh meat • Use herbs and spices 			

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent medical problems, or if you have further questions, please consult your doctor or member of your health care team. Kaiser Permanente does not endorse any brand names; any similar products may be used.

READING THE FOOD LABEL

HEALTH NOTES

Serving size

Tells you the portion for one serving. Be sure to ask yourself: "how many servings am I eating?"

Calories

Tells the total amount of calories in one serving.

Sodium

A low sodium food has 140 milligrams or less of sodium per serving. Aim for an intake of no more than 2,300 mg a day.

Fiber

Aim for 21 to 38 grams each day.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount per Serving			
Calories 250		Calories from Fat 110	
% Daily Value*			
Total Fat 12g			18%
Saturated Fat 3g			15%
Trans Fat 3g			
Cholesterol 30mg			10%
Sodium 470mg			20%
Total Carbohydrate 31g			10%
Dietary Fiber 2g			8%
Sugars 5g			
Protein 5g			
Vitamin A 4%	•	Vitamin C 2%	
Calcium 20%	•	Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Fat

Low fat foods have 3 grams of fat or less per serving. Saturated and trans fats raise bad (LDL) cholesterol and increase the risk for heart disease and stroke.

Carbohydrate

To count carbohydrates look at the grams of total carbohydrate rather than the grams of sugar. Sugar and dietary fiber count as part of the total carbohydrate.

Percent Daily Value (DV)

Percent daily value is based on a 2000 calorie diet which may be more or less than the amount you need.

- 5% or less is low
- 20% or more is high



For more information

Online resources

- Visit kp.org/healthyliving/mas for tools to help you live well.

Healthy Living classes

- To register call **(703) 359-7878** or **(800) 777-7904**, toll free. TTY: **(885) 632-8278**.
- Commit to Quit
 - » Nutrition for Weight Control
 - » Nutrition for Cholesterol Control

Nutrition claims

The Food and Drug Administration (FDA) approved these health claims to help you find foods that are lower in calories, fat, or sodium. These claims usually appear on the front of the package.

- **Calorie-free:** less than 5 calories per serving
- **Low calorie:** 40 calories or less per serving
- **Reduced calorie:** at least 25% fewer calories than regular product
- **Fat-free:** less than 0.5 grams of fat per serving
- **Low fat:** three or less grams of fat per serving
- **Low saturated-fat:** one or less grams of saturated fat per serving. No more than 15% of calories from saturated fat
- **Reduced fat:** at least 25% less fat than a regular product
- **Unsalted, without added salt, or no salt added:** permitted if;
 - » no salt is added during processing
 - » the product it resembles is normally processed without salt
 - » the label bears the statement “not a sodium free food” or “not for control of sodium in the diet” if the food is not sodium free
- **Sodium-free:** less than 5 mg sodium per serving
- **Very low sodium:** 35 mg or less sodium per serving
- **Low sodium:** 140 mg or less sodium per serving
- **Reduced sodium:** at least 25% less sodium than regular product
- **Light in sodium:** 50% less sodium than regular product
- **Light or lite:** product has at least 1/3 less calories or 50% less fat; if more than half the calories are from fat, fat content must be reduced by 50% or more
- **Sugar-free:** less than 0.5 grams of any type of sugar
- **Reduced sugar:** at least 25% less sugar than regular product.

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Making smart fast food choices

Often fast food meals are high in calories, fat and sodium while providing little vitamins, minerals or dietary fiber. To make up for nutrients missing in fast food meals, include a variety of fruits, vegetables, whole grains and milk at other meals of the day.

Smart choice entrees

- Regular size hamburger, roast beef or cheeseburger without creamy sauces or mayonnaise
- Broiled or grilled chicken sandwich without mayonnaise or creamy sauces
- Plain baked potato with vegetables
- Thin crust vegetarian or cheese pizza; eat 2 slices and add a side salad with low calorie salad dressing
- Chili with crackers and a side salad
- Kid's meal

Smart choice sides

- Side salad and low-calorie dressing, vegetables or small fries

Smart choice beverages

- Water, fat free or 1% milk, diet soda, unsweetened tea

Nutritional comparisons of selected fast food items

Food item	Calories	Fat (g)	Carb (g)	Sodium (mg)
Hamburger (McDonald's)	250	9	31	490
Cheeseburger (McDonald's)	300	12	33	720
BigMac (McDonald's)	540	29	45	1000
Whopper (Burger King) – no cheese	670	40	51	980
BK Tender grill chicken sandwich	470	18	40	1100
BK Tender crisp chicken sandwich	750	45	58	1560
Spicy chicken sandwich (Wendy's)	530	22	55	1140
Chicken McNuggets, 4-piece (McDonald's)	190	12	12	360
Chicken McNuggets, 10-piece (McDonald's)	470	30	30	900
Filet-O-Fish (McDonald's)	380	18	38	640
French fries, small (McDonald's)	230	11	29	160
French fries, large (McDonald's)	500	25	63	350
Thin n' Crispy cheese pizza, large, 1 slice (Pizza Hut)	260	11	29	740
Personal pan pizza, pepperoni (Pizza Hut)	620	28	68	1540
Breadstick – 1 (Pizza Hut)	140	5	19	260
Fiesta Taco salad chicken (Taco Bell)	720	35	70	1260
Soft taco, beef (Taco Bell)	200	9	19	510
Gordita supreme – steak (Taco Bell)	270	11	29	550
Bean burrito (Taco Bell)	370	10	56	960
Chalupa, supreme chicken (Taco Bell)	370	18	29	530
Vanilla reduced-fat icecream cone (McDonald's)	170	5	27	70
Fruit'n Yogurt parfait with granola (McDonald's) -5.3oz	150	2	31	85
Cinnamon melts (McDonald's)	460	19	19	370
Egg McMuffin (McDonald's)	300	12	30	820
Sausage biscuit with egg - regular biscuit (McDonald's)	510	33	36	1170
Big breakfast - large biscuit (McDonald's)	740	48	51	1560
Diet soda, large (McDonald's)	0	0	0	30
Soda, large (McDonald's)	210	0	0	15
Chocolate McCafe shake, 12oz (McDonald's)	560	16	91	240
Frosty, chocolate, small (Wendy's)	300	8	49	140
Chili, small (Wendy's)	210	6	21	880
Onion rings, medium (Burger King)	410	21	53	1080

Instead of this meal					Order this meal				
McDonald's	Cal	Fat	Carb	Sod	McDonald's	Cal	Fat	Carb	Sod
Quarter pounder w/ cheese	520	26	40	1190	Hamburger	250	9	31	520
Fries, large	500	25	63	350	Fries, small	230	11	29	160
Sweettea, large	280	0	71	10	Tea, unsweetened, large	0	0	0	15
TOTALS	1290	51	174	1550	TOTALS	480	20	60	695
McDonald's Breakfast	Cal	Fat	Carb	Sod	McDonald's Breakfast	Cal	Fat	Carb	Sod
Sausage egg biscuit – reg	510	33	36	1170	Egg McMuffin	300	12	30	820
Hash browns	150	9	15	310	1%Milk	100	3	12	125
Coffee, 2 cream, 2 sugar	70	4	8	30					
TOTALS	730	46	59	1510	TOTALS	400	15	42	945
Pizza Hut	Cal	Fat	Carb	Sod	Pizza Hut	Cal	Fat	Carb	Sod
Large hand tossed meat-lovers - 2 slices	820	46	70	2140	Large Thin N' Crispy cheese pizza - 2 slices	520	22	44	1580
Cheese breadstick – 1Pc	170	6	20	390	Side Garden Salad w/ 2 tbsp lite ranch	180	29	9	330
Soda, 22oz.	280	0	0	70	Diet soda, 22oz.	0	0	0	70
TOTALS	1270	52	90	2600	TOTALS	700	51	53	1980
Popeye's	Cal	Fat	Carb	Sod	Popeye's	Cal	Fat	Carb	Sod
Chicken wing 3 pieces (mild)	630	42	24	1830	Naked tenders (3 pieces)	170	2	2	550
Biscuit	260	15	26	450	Mashed potatoes, regular	110	4	18	590
Red bean & rice, regular	230	14	23	580	Green beans, regular	40	2	6	420
Soda, 22oz.	230	0	59	22	Diet soda, 22oz.	0	0	0	38
TOTALS	1350	71	132	2882	TOTALS	320	8	26	1598
Panera	Cal	Fat	Carb	Sod	Panera	Cal	Fat	Carb	Sod
Broccoli cheddar soup 12oz.	300	19	21	1250	Low-fat garden vegetable w/pesto soup 8oz.	80	2	13	750
Chicken caesar sandwich on 3-cheese bread	750	32	71	2020	Mediterranean veggie on tomato basil bread	590	13	96	1400
Oatmeal raisin cookie	390	14	62	310	Fresh fruit cup	60	0	17	15
Low-fat frozen mango, 16oz.	230	2	51	90	Iced green tea, 20oz.	130	0	31	10
TOTALS	1760	67	205	3670	TOTALS	860	15	157	2175
Subway	Cal	Fat	Carb	Sod	Subway	Cal	Fat	Carb	Sod
6" Italian BMT sub	410	16	46	1270	6" Roast beef sub	320	5	45	700
Lay's Classic chips 15oz.	230	15	23	230	Baked Lay's chips 1oz.	130	2	23	200
Soda, large	260	0	71	15	Bottled water	0	0	0	0
TOTALS	900	31	140	1515	TOTALS	450	7	68	900
Wendy's	Cal	Fat	Carb	Sod	Wendy's	Cal	Fat	Carb	Sod
Baconator	660	40	40	1140	Small chili, 2 tbsp cheese	270	11	17	190
French fries, medium	320	16	42	350	Saltines crackers, 6	75	1.5	15	240
					Garden side salad	210	3	18	345
Frosty, small, vanilla	280	7	47	135	Milk, low-fat, plain	100	2.5	23.5	125
TOTALS	1260	63	129	1625	TOTALS	625	18	74	900
Starbucks	Cal	Fat	Carb	Sod	Starbucks	Cal	Fat	Carb	Sod
Blueberry scone	420	17	61	510	Hearty blueberry oatmeal	270	2.5	43	125
Vanilla Bean Blended Creme Frappaccino, grande	400	16	59	240	Caffé latte, non-fat milk grande	190	0	18	150
TOTALS	820	33	120	750	TOTALS	420	2.5	61	275

Cal = Calories, Fat = grams of fat, Carb = grams of carbohydrates, Sod = milligrams of sodium

Source: Nutrition information from fast food restaurant websites, 6/16

Check your favorite fast food meal and alternatives by going to the restaurant website, ie www.mcdonalds.com.

GET READY, GET SET, GET ACTIVE

One of the healthiest things you can do for yourself is exercise. To be physically fit, there are three things you need to work on: muscle strength, aerobic endurance, and flexibility.

HEALTH NOTES



For more information

Visit kp.org/health

- Read about exercise in the Health Encyclopedia.

Call Kaiser Permanente Medical Advice

- Talk to your medical advice nurse 24 hours a day, 7 days a week by calling **(703) 359-7878** or **1-800-777-7904** or TTY **(855) 632-8278**.

Aerobic endurance exercises increase breathing and heart rate, and help burn calories. Aerobic activities also help you feel more energized and sleep better. Aerobic activities should be done most, preferably all days of the week, for at least 30 minutes. Work hard enough to elevate your breathing and heart rate, but not so hard you can't carry on a conversation. Examples include brisk walking, jogging, bicycling, swimming, and rowing.

Muscle strength exercises build muscle, maintain bones, and increase body metabolism, which helps with weight control. You can go to a gym and lift weights or use hand/ankle weights at home. Select a weight you can lift 8 times in good form before you have to stop and rest your muscles. Muscle strengthening exercises should be done 2 to 4 times per week in sets of 1 to 3 with 8 to 12 repetitions per set using arms, legs and trunk e.g., arm lifts, leg curls and crunches/push-ups.

Flexibility (stretching) exercises help keep your body limber and reduce muscle stiffness. Stretching should be done slowly, without jerking. Hold the stretched position for at least 10 seconds. Stretch after doing your strength and endurance exercises.

Get Ready

- Check with your health care provider before beginning a regular exercise program, especially if you haven't exercised for a while.
- Set realistic goals and keep track of your progress.
- Start gradually and work up to longer workouts.
- Listen to your body. Stop exercising if it hurts, you experience extreme breathlessness, or irregular heartbeat. See your health care provider if the symptoms do not go away or get worse.

Get Set

- Schedule in your activity for a time that works best for you.
- Wear appropriate clothing and shoes.
- Choose activities you like and that are convenient to do at home or at work.
- Find an exercise buddy or take a class.

Get Active

- Make exercise fun.
- Have an alternative plan for all types of weather.
- Drink water before, during and after you exercise.

**Don't just sit there!
Get up and get moving**



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WALKING... A STEP IN THE RIGHT DIRECTION

Walking is one of the easiest ways to be active. You can do it almost anywhere and at any time. Walking is also a low-cost way to get exercise and be healthy. All you need is a pair of comfortable shoes.

HEALTH NOTES



For more information

Visit kp.org

- Click on Health Topics A to Z and read about walking in the Health Encyclopedia.
- Sign-up for a free, online personalized Healthy Lifestyles Program to help you manage your weight, quit smoking, manage stress, or improve your eating and physical activity habits.
- Sign-up for the 10,000 Steps® Program to track your daily steps and physical activity online using a step counter.

Visit everybodywalk.org

- Join the Every Body Walk program or a walking group.

Call Kaiser Permanente Medical Advice

- Talk to your medical advice nurse 24 hours a day, 7 days a week by calling (703) 359-7878 or 1-800-777-7904. TTY: 711.

Walking will:

- Give you more energy.
- Make you feel good.
- Help you relax.
- Reduce stress.
- Help you sleep better.
- Tone your muscles.
- Help control your appetite and weight.
- Increase the number of calories your body uses.
- Help you manage and possibly prevent common conditions like diabetes and high blood pressure.

For all these reasons, people have started walking programs. If you would like to start your own program, read and follow this guide.

Is it okay to walk?

Answer the following questions before you begin a walking program:

- Has your doctor or member of your health care team ever told you that you have heart trouble or high blood pressure?
- When you exercise, do you have pains in your chest or on your left side (neck, shoulder, or arm)?
- Do you often feel faint or have dizzy spells?
- Do you feel very breathless after mild activity?
- Has your doctor or member of your health care team told you that you have bone or joint problems, like arthritis, that could get worse if you exercise?
- Are you over 50 years old and not used to exercising?
- Do you have a condition or physical reason not mentioned here that might interfere with an exercise program?

If you answered "yes" to any of these questions, please check with your doctor or member of your health care team before starting a walking program or other form of physical activity.

Setting goals

Whatever your reason for starting a walking program (to lose weight, prevent disease, etc.), set realistic goals. The best way to make a lifestyle change is to take it one step at a time.

- Set individual goals you can reach. For example, set a one-month goal that you will walk three times a week for 15 minutes.
- Make sure your goals can be measured and track them. Miles? Steps? Inches lost?

Write your goal here: _____

- When you reach your first goal, reward yourself and set another one. Don't give up if you don't reach the goal on the first try. Stick to it! It's not easy to make a behavior change, but should get easier each time you try.
- Keep a record of what you do, including how you feel. Make notes on a calendar or in a journal. You can purchase a pedometer to track your mileage or steps.
- Gradually increase your frequency, intensity, and time that you walk to your goal level.
- Vary your routine. Choose different places to walk. Use a walking exercise video or audio tape. Participate in community walking events.

Starting a walking program

It is important to design a program that works for you. In planning your walking program, keep these points in mind:

- Choose a safe place to walk. When walking alone, carry identification and/or tell a friend or family member your walking route. If you like to walk with others, find a partner or group of people to walk with you. Your walking partner(s) should be able to walk with you on the same schedule and at the same speed.
- Wear shoes with thick, flexible soles that will cushion your feet and absorb shock.
- Wear clothes that are right for the season. Cotton clothes for the summer help to keep you cool by absorbing sweat and allowing it to

evaporate. Layer your clothing in the winter so, as you warm up, you can take off some layers.

- Think of your walk in three parts. Warm up by walking slowly for five minutes. Increase your speed for the next five minutes. Finally, to cool down, walk slowly again for five minutes.
- Stretch after walking.
- Try to walk at least three times per week. Add two-to-three minutes per week to the fast or brisk walk. If you walk less than three times per week, increase the fast walk more slowly.
- To avoid stiff or sore muscles or joints, start gradually. Over several weeks, begin walking faster, going farther, and walking for longer periods of time. Build up to 30 minutes or more of walking on most, if not all, days of the week.
- The more you walk, the better you will feel. You also use more calories.

Safety tips

Keep safety in mind when you plan your routine and the time of your walk.

- Walk in the daytime or at night in well-lighted areas.
- Walk in a group or with a partner if possible.
- Do not use hand-held weights or ankle weights, because of the risk of injury.
- Try to carry a small water bottle in a pouch or take frequent sips from a water fountain to prevent dehydration.
- Do not wear jewelry.
- If you wear headphones, keep the volume down.
- Use sunscreen of at least SPF 15 if walking outside during daylight hours.
- Be aware of your surroundings.
- Contact your medical advice nurse, your doctor, or member of your health care team if you experience any chest pain, extreme difficulty breathing, or think you may have an injury, like a knee or ankle sprain. Call 24 hours a day, 7 days a week to (703) 359-7878 or 1-800-777-7904 or (703) 359-7616, TTY: 411. If you have a medical emergency, call 911. If you are unsure if your condition is a medical emergency, call 1-800-677-1112, TTY: 411.

Taking the first step

Walking right is very important.

- Walk with your chin up and your shoulders held slightly back.
- Walk so that the heel of your foot touches the ground first. Roll your weight forward.
- Walk with your knees and feet pointing forward.
- Swing or pump your arms as you walk.

Setting your walking pace

During your brisk walking phase, use the scale to the right to help you estimate how hard you are working. For example, sitting in a chair would be “very, very light” activity, around 6 or 7 on the scale. A brisk walk may put you around 13 on the scale and walking as fast as you can may feel like a 15.

The goal is to walk in a zone between “fairly light” and “somewhat hard,” but not to the point of being short of breath. One doctor describes the right level of effort this way: If you can talk without any trouble at all, your activity is probably too easy. If you can’t talk at all, it’s too hard.

Start Steppin’ Out

Through the Kaiser Permanente Steppin’ Out program, you can plan and track your walking activity level. Simply purchase a step counter at any Kaiser Permanente pharmacy and you’ll receive instructions, a guide book, and a log sheet.

To track your steps and goals online, sign up for the 10,000 Steps® Program at kp.org/10000steps.

Every Body Walk

The Every Body Walk campaign is an on-line walking resource that can help you increase your level of physical activity. The web site contains tips and tricks to maintaining a walking routine, calculator tools, videos and more. You can start or find a walking group near you. Learn more today at everybodywalk.org.

Perceived exertion scale

How does your walking feel?	Rating scale
Very, very light	6 – 8
Very light	9 – 10
Fairly light	11 – 12
Somewhat hard	13 – 14
Hard	15 – 16
Very hard	17 – 18
Very, very hard	19 – 20

Stretching after walking

After you walk, stretching helps prevent muscle soreness and can help you become more flexible. Try the exercises here, holding each stretch for at least 30 seconds. Remember not to bounce when you stretch. Perform slow movements and stretch only as far as you feel comfortable. Repeat each stretch 2-3 times.



Calf stretch. Stand facing a wall or chair holding on for balance. Bend one knee and point it toward the wall or chair. Keep your back leg straight and toes pointed straight ahead. Both heels should remain flat on the floor or ground. You should feel the stretch in the back of your leg.

Repeat on the other side.



Hamstring stretch. Keeping the knee slightly bent, bring one leg up. Holding behind the thigh with both hands, straighten the leg until a gentle stretch is felt in the back of your thigh.

Keep your buttocks and back down. Do not lift your leg. Repeat on the other side.



Quadriceps stretch. Stand on one leg while holding onto a stable surface, like a chair, wall, or bench. Bend your other leg and pull your foot in toward your buttock using the opposite hand. Note that your bent knee is pointing to the floor and your legs are parallel. Your hips should be facing forward. You should feel the

stretch in the front of your thigh. Repeat on the other side.



Shoulder stretch. Stand with your feet flat on the floor, back straight, and stomach tucked. Bend one arm and bring it across the chest, keeping the shoulder down. Gently apply pressure to the back of the upper arm, just above the elbow, using the opposite hand. You should feel the stretch in your shoulder.

Repeat on the other side.



Back stretch. Stand with your feet flat on the floor, back straight, and stomach tucked. Interlock the fingers in front of you, turning the palms out. Extend the arms in front at shoulder height. You should feel the stretch in your middle back and shoulders.

Walking can work for you

- Walk to lunch spots.
- Take a short walk during breaks at work.
- Get off public transportation a few stops early and walk home.
- Join a walking club or program at an area mall.
- Walk with your family.
- Walk in scenic areas, such as parks and on trails.
- Listen to your favorite music or a book while walking.
- If on some days you have a hard time fitting walking into your schedule, break it up into three, 10-minute sessions throughout the day.

Sample walking program

	Warm-up time	Fast walk time*	Cool-down time	Total time
Week 1	5 minutes slow	5 minutes fast	5 minutes slow	15 minutes
Week 2	5 minutes slow	8 minutes fast	5 minutes slow	18 minutes
Week 3	5 minutes slow	11 minutes fast	5 minutes slow	21 minutes
Week 4	5 minutes slow	14 minutes fast	5 minutes slow	24 minutes
Week 5	5 minutes slow	17 minutes fast	5 minutes slow	27 minutes
Week 6	5 minutes slow	20 minutes fast	5 minutes slow	30 minutes
Week 7	5 minutes slow	23 minutes fast	5 minutes slow	33 minutes
Week 8	5 minutes slow	26 minutes fast	5 minutes slow	36 minutes
Week 9 & beyond	5 minutes slow	30 minutes fast	5 minutes slow	40 minutes

* If you walk less than three times per week, increase the fast walk time more slowly.

Adapted from Weight-Control Information Network (WIN), National Institutes of Health, NIDDK, US DHHS, PHS, Walking... A Step in the Right Direction, #01-4155, March 2001.

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BODY MASS INDEX AND YOUR LIFESTYLE - FOR ADULTS

HEALTH NOTES



Your Body Mass Index (BMI) is a measurement that allows you to reliably assess any risks that you may have for medical problems due to excess body weight. If your BMI is over 25, you are at increased risk for developing some health problems. If your BMI is over 30, your health risks are significant. It is important to know what your BMI is so you can adapt your lifestyle changes to prevent further weight gain *before* you develop medical complications.

How to use this chart:

- Look down the left column to find your height (measured in feet and inches).
- Look across that row and find the weight (in pounds) nearest your own.
- Look to the number at the top of the blue column to identify your BMI.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	37	39	40	45	50
Height	Weight																					
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	177	186	191	215	239
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	183	193	198	222	247
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	189	199	204	230	255
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	195	206	211	238	264
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	202	213	218	246	273
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	208	220	225	254	282
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	215	227	232	262	291
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	222	234	240	270	300
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	229	241	247	278	309
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	236	249	255	287	319
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	243	256	262	295	328
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	250	263	270	304	338
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	257	271	278	313	348
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	265	279	286	322	358
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	272	287	294	331	368
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	280	295	302	340	378
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	287	303	311	350	389
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	295	311	319	359	399
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	304	320	328	369	410
6'5"	160	169	177	185	194	202	211	219	228	236	244	253	261	270	278	286	295	312	329	337	379	421
6'6"	164	173	182	190	199	208	216	224	234	242	251	259	268	277	285	294	303	320	337	346	389	432

Visit kp.org/bmi to use the interactive BMI tool.

If your BMI is...

19 – 24

LESS RISK: Your weight is within a healthy range. It is important for you to maintain and not gain weight. If you have started to gain weight and your BMI is getting close to 25, you may want to make some lifestyle changes. Read below for some ways to make these changes. A BMI of less than 19 may not be healthy. You may want to discuss with your doctor what weight is right for you.

25 – 29

MORE RISK: Your weight may put you at risk for developing some medical problems, especially if you are not physically active. Take steps now to better manage your weight. Look below for some suggestions. A small amount of weight loss can make a big difference to your health.

30 and above

HIGHEST RISK: Your weight greatly increases your risk for serious medical problems. You may be at risk for:

- high blood pressure,
- diabetes,
- coronary heart disease
- stroke,
- arthritis,
- breathing problems,
- some types of cancer,
- depression, and/or
- other medical conditions.

Talk to your doctor or other health care professional today about how to get started with lifestyle changes to better manage your weight.

A few words about lifestyle and weight management

Unfortunately, there is no magic way to lose weight. Research shows that fad diets, prescription medicines, herbal supplements, and starvation do *not* work in the long run.

Research shows that people who are successful at losing weight and keeping the weight off for the long run do the following:

- Become more physically active.
- Develop healthy eating habits.
- Adapt healthy behaviors little by little and stick with them over time.

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How can you become more physically active?

Too much inactivity contributes to weight gain. Small increases in physical activity over time can make a big difference. Here are some things that you can do to get moving:

- Aim for 30 minutes of consistent physical activity on most days.
 - » Make physical activity a family and friend affair. Go for walks or bike rides with family and friends.
 - » Try walking instead of driving. Take the stairs instead of the elevator at work or while shopping.
 - » Play sports or join a local gym. Start dancing or swimming.

How can you develop better eating habits?

Eating too many foods that are high in fat and sugar instead of foods that are high in fiber (such as fruits and vegetables) can lead to weight problems. Small changes in what you eat make a big difference over time. Here are some helpful and healthful suggestions:

- Eat at least 7 servings of fruits and vegetables every day. (*One serving size is 1/2 to 1 cup.*)
- Eat more often . . .
 - » Chicken, turkey, fish, beans, peas
 - » Fat-free milk, nonfat yogurt, nonfat cheese
 - » Baked, boiled, broiled or steamed foods
 - » Whole grain breads and rice
- Eat less often . . .
 - » High fat dairy foods, such as whole milk, cheese, cream, and ice cream
 - » Pan-fried or deep-fat fried foods
 - » Sodas, juice, and drinks high in sugar
 - » Butter, margarine, gravy
 - » Pastries, french fries, chips, crackers

What if this is not working for you?

- It is normal to feel frustrated and emotional when making changes, especially if you are not seeing results.
- If you feel that you are making changes and not seeing results, talk to your doctor or other health care professional. We are here to help you be successful.
- Try not to get frustrated. Stick with the lifestyle changes you've committed to (eating and physical activity).

size MATTERS

The amount of food you eat, called a portion, is just as important as **WHAT** you eat.

Take a look at how today's portion sizes compare to portion sizes 20 years ago.

Source: National Institutes of Health, *Portion Distortion! Do You Know How Food Portions Have Changed in 20 Years?* <http://hp2010.nhlbi.nih.gov/portion/>. Last viewed, Feb 28, 2011.

20 YEARS AGO



**140
Calories**

TODAY



**350
Calories**

20 YEARS AGO



**45
Calories**

TODAY



**350
Calories**



**333
Calories**



**590
Calories**



**210
Calories**



**610
Calories**



**390
Calories**



**790
Calories**



**500
Calories**



**1,025
Calories**



**210
Calories**



**500
Calories**



**55
Calories**



**275
Calories**

TIP: Because portions today are almost two times bigger than 20 years ago, think about cutting your meals in half when you eat out. Eat one-half at mealtime and save the other half for your next mealtime or lunch the next day.



S.M.A.R.T. Goal setting

True change is done in small steps. Trying to set goals that require you to make many changes all at one time may lead you down the road to no changes. Pick one weight control goal you would like to work on. Use the S.M.A.R.T. method to reach that goal and then move on to a new goal.

<p style="text-align: center; font-size: 2em; font-weight: bold;">S</p>	<p>Specific</p> <p>Use who, what, where, when, which and why to help you develop your specific goal. Example general goal: <i>I will eat better.</i> Example specific goal: <i>I will eat lunch.</i></p>
<p style="text-align: center; font-size: 2em; font-weight: bold;">M</p>	<p>Measureable</p> <p>If you cannot measure it, you cannot manage it. If a goal is measurable, you will be able to see your progress and know when you are finished. Example: <i>I will eat lunch at least three times per week.</i></p>
<p style="text-align: center; font-size: 2em; font-weight: bold;">A</p>	<p>Attainable</p> <p>Can you do it? A goal needs to stretch you a little but you will need to work hard to reach it. Example: <i>I will take my lunch to work on Monday, Wednesday and Friday.</i></p>
<p style="text-align: center; font-size: 2em; font-weight: bold;">R</p>	<p>Realistic</p> <p>Are you willing and able to reach the goal? Sometimes a higher goal is easier to reach than a low one, as a higher goal is often more inspiring. Example: <i>I will pack my lunch with the leftovers from dinner the night before.</i></p>
<p style="text-align: center; font-size: 2em; font-weight: bold;">T</p>	<p>Timely</p> <p>A goal should include a time frame as this gives the goal a sense of urgency. Example: <i>I will start taking my lunch next Monday.</i></p>

Try setting a goal for yourself

Specific

why, what and how: _____

Measurable

how much: _____

Attainable

can you do it? _____

Realistic

is it do-able? _____

Timely

when will you start? _____

Start with easier goals that can be reached soon and work up to harder goals. Stay focused on the result—a long and healthy life.

The many ways to prevent diabetes

Small changes can lead to big results. Losing weight if overweight and being active every day can help prevent or delay the onset of diabetes. To get started, try the ideas listed below.

Make healthy food and fluid choices

- Eat breakfast every day.
- Fill half your plate with vegetables.
- Make half your grains whole grains.
- At least twice a week, make seafood the protein on your plate.
- Choose foods with little or no added sugar.
- Snack on fruit, vegetables, whole grains or a small handful of nuts.
- Eat whole fruit instead of drinking juice.
- Drink water or other low calorie fluid instead of sugary drinks.
- Cook with less oil and butter – stir fry, broil or bake with non-stick spray or low salt broth.
- Try not to snack while cooking or cleaning the kitchen.
- Have a big vegetable salad with low-calorie salad dressing when eating out.
- Share your main dish with a friend or take half of it home.
- Make healthy food choices at fast food restaurants.
- Skip the fries and chips and choose a salad instead.
- Shop at your local farmers market for fresh, local food.
- Compare food labels on packages.



Reduce portion sizes

- Eat off of smaller plates and bowls and drink out of smaller glasses.
- Use teaspoons, and salad forks to help you take smaller bites and eat less
- Keep meat, poultry and fish portions to about 3 ounces – the size of a deck of cards.
- Drink a large glass of water 10 minutes before your meal so you feel less hungry
- Share one dessert.
- Eat slowly. It takes 20 minutes for your stomach to send a signal to your brain that you are full.

Move more

- Try to be active each day.
- March in place while you watch TV.
- Turn up the music and dance while doing household chores.
- Work out with an exercise video.
- Deliver messages to co-workers in person instead of sending an e-mail.

- Take stairs instead of elevators whenever possible.
- Park further away from your destination.
- Get off the bus one stop early and walk the rest of the way home or to work.
- Use a step counter to objectively measure your activity. Slowly work to reach 10,000 steps daily.

Take care of your mind, body and soul

- Take time to change the way you eat and get active. Try one new food or activity a week.
- Find ways to relax. Try deep breathing, taking a walk or listening to your favorite music.

- Pamper yourself.
- Think before you eat. Try not to eat when you are bored, upset or unhappy.

Be creative

- Honor your health as your most precious gift.
- Keep a written record of what you eat, drink and do for activity for a few days. It can help you see what changes you can make.

There are many more ways to prevent or delay type 2 diabetes. List your ideas below.

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Wellness coaching by phone

FREQUENTLY ASKED QUESTIONS

Q: What is wellness coaching?

A: Wellness coaching is a service provided to Kaiser Permanente members through convenient phone sessions. A wellness coach gives you personal guidance to help you achieve your specific wellness goals. You can check in with your coach periodically to get the help you need to stay on track.

Q: What is a wellness coach?

A: A wellness coach is a health professional dedicated to teaching you new techniques to support positive change. This is someone who can help you increase your motivation, build your confidence, and become your healthy best. Your coach is specially trained to help you break through barriers that may have held you back in the past. He or she is a health education professional skilled in motivational counseling techniques. All of our wellness coaches are trained to provide coaching services based on clinical guidelines and adult learning theory.

Q: What topics can I get coached on?

A: Wellness coaching is available for tobacco cessation, stress management, physical activity, weight management, and healthy eating.

Q: How does wellness coaching work?

A: You can make an appointment with a wellness coach by calling the number listed at the end of this page. During your first appointment, your coach will ask you a variety of questions about your health, and help you assess your readiness and motivation to make a change at this time. Your coach will also have access to your electronic health record, so he or she can provide you with more personalized guidance.

You'll choose the health topic you want to focus on, figure out if you're ready to make adjustments, and start setting goals for healthy change. Your coach can also connect you with other Kaiser Permanente resources that can help you achieve your goals, such as onsite classes and Web-based programs. (Some classes may require a fee.)

You can schedule your follow-up appointments when it's convenient for you. Throughout the program, your coach will help you identify your strengths and build upon them. You'll also uncover potential obstacles to your success and learn how to overcome them.

Q: Is there a fee for this program?

A: No. Wellness coaching is offered to Kaiser Permanente members at no charge.

Q: How many wellness coaching sessions will I have?

A: You and your coach will determine the exact frequency and number of phone sessions based on our coaching guidelines and your unique situation. Your coach may also put you in touch with other resources that will help you continue to make progress with your goals.

Q: Is health coaching offered in Spanish?

A: Yes. We offer bilingual coaching services (English and Spanish). Coaches also have access to interpreter services to facilitate coaching in other languages.

Q: Is my personal information secure?

A: You can be confident that your privacy is protected, and that the security and confidentiality of your personal information will be maintained. We use procedural, physical, and electronic security methods designed to prevent unauthorized people from getting access to your information. Information relating to the coaching sessions you receive will be included in your electronic health record and accessible by your Kaiser Permanente care team.

Q: How do I get started?

A: To make an appointment, call **1-866-862-4295** Monday through Friday from 7 a.m. to 8 p.m. Eastern time.



Make a **CHANGE** for better health. CALL A WELLNESS COACH TODAY.

We all strive to improve our health—to be more energetic, more focused, and more productive. But whether you're trying to manage your weight, quit tobacco, or reduce stress, getting started and staying motivated can be a challenge. Now you can get the extra support you need to make healthy changes and stick with them—**just by making a phone call.**

How it works

Sometimes a lack of time, resources, or support can make it hard to live your healthiest. Wellness coaching by phone can help you eliminate those barriers, allowing you to make positive changes.

Partner with a coach today to:

- **Focus on healthy habits**—Make healthy behavior changes to help you manage your weight, quit tobacco, reduce stress, get more active, or make healthier food choices.
- **Create a customized plan**—Work with your coach to outline manageable steps you can take to reach your goals. Little changes over time can help you achieve long-term success.
- **Schedule convenient telephone sessions**—Coaching takes place over the phone, so you can set up calls at times that work for you.

Wellness coaching is available at no charge for Kaiser Permanente members. Coaching is offered in English and Spanish, and no referral is needed. Coaches also have access to a language line to facilitate coaching in most languages.

Simply pick up the phone and call to get started.

Call 1-866-862-4295, Monday through Friday, from 7 a.m. to 8 p.m. Eastern time, to make an appointment.

References to “Kaiser Permanente members” or “members” include individuals covered under either a Kaiser Permanente health plan or an employer self-funded coverage plan administered through Kaiser Permanente. Information relating to the coaching sessions you receive will be included in your electronic health record and accessible by your Kaiser Permanente care team.