Introduction

Diabetes: Reducing Your Risk

9Health has always been about prevention and helping people to Own their Health. With prediabetes affecting 84 million adults (according to the Centers for Disease Control), 9Health is here to help you reduce your diabetes risk. This short series of articles offers tips for simple changes that can have a big impact. Read on for advice and new ideas for increasing physical activity, eating better, losing weight, managing stress, and staying motivated.

Take the 9Health Diabetes Risk Reduction Challenge! Let each article guide you to a new habit or behavior each week, for five weeks. Give it a try and see if you don’t feel better at the end.

If not now, when?
Take control of your health today! This series will help you take control of your health. Each topic can make an impact. You’ll find thought-provoking questions appearing throughout the series. Their intent is to prompt self-reflection. Give it a try – your commitment will pay off!

The FIVE topics:
1. NUTRITION
2. MOVEMENT
3. JOURNALING and MOTIVATION
4. YOUR WHOLE HEALTH (Mental, Physical, and Emotional)
5. RESOURCES
Start where you are. Do you know your A1c level? A simple blood test can provide this number. A normal A1c is 4.0% to 5.6%, but the pre-diabetes range is 5.7-6.4%. This is an important health benchmark.

How to get tested: Screening is an important part of understanding your risk. Diabetes is a silent condition and millions of Americans do NOT know they have the condition or are at risk. You don’t need a doctor to get your numbers. 9Health offers one of the lowest rates around, through a partnership with Quest Diagnostics. Purchase and register for bloodwork (and other tests) through 9Health for the best value. Here is a link to registration for tests through Quest, which has Patient Service Centers throughout the Front Range, Grand Junction, and Pueblo. Not ready to get tested just yet? Try the 9Health Online Diabetes Risk Assessment. It just takes a few minutes and can let you know if you’re at risk. Click here for the diabetes online screener.

This series will provide clear, easy-to-follow steps to help lower your A1C- and help prevent diabetes.

Take a moment to reflect on your health.

When you think about your health, what interests you?

- [ ] Staying at my current level of health
- [ ] Improving my health so I can feel better or prevent diabetes
- [ ] Learning how to better manage all my health conditions
- [ ] I don’t think about it much.
What you eat is as important as how much you eat!

This week notice how much you are eating and be conscious. Mindless eating can lead to an additional 1,000 calories we don’t need! Tips to help with portion control:

- Drink a glass of water before a meal.
- Try using a smaller plate or bowl, or smaller spoons and forks.
- Chew your food slowly. Taste your food and really savor each bite.
- Wait 10 minutes. If you are still hungry, have an extra serving of your fiber source.

How does eating make you feel?

Take care to notice how you feel after you eat.

- If you eat 'white' sugar, flour, or salty foods do you get the blahs?
- How do you feel if you eat a few raw almonds, whole grain toast, or vegetables?
- What gives you energy when you eat?
Now you know about fiber, portions, and eating to make you feel energized for hours, it is time to think about all the options you have to do a food swap(s).

This week do some SAVVY SUBSTITUTIONS! Click here to read the 9Health blog.

Fun with Food!

Did you try something new this week? What tips and tricks work for you? Can you make eating fun as well as nourishing? Seeing choices as fun can even change the way food tastes.

We hope you will continue to apply these time-tested options as you own your health.

Here are some ideas to help:

- Many local community rec and fitness centers are now open and observing COVID19 safety precautions. Go ahead, tour your local facility. Is there an exercise class or type of equipment you’ve always wanted to try? Go for it!
- Look for walking or hiking trails near your home, work, or child’s activities. The more convenient, the better!
- The days are getting longer, throw your tennis shoes in your car and see what happens!
- If it is cold outside, walk in place or do a few body weight exercises like squats (with the help of a chair if you feel unsteady).

Do you have a buddy to be active with? Being active with someone else keeps you accountable and makes the time go more quickly.
Who can you invite along?
- A friend?
- A child or other family member?
- The dog?

Schedule a time today to be active together!

Here are some ideas to keep you moving while you are social distancing in your home:
- Stand up every hour or stand up while you work.
- If you have stairs, climb them every hour.
- Walk into every room in your house every hour.
- Dance in your living room.

**SPRING into Action!**

Review how much you have grown over the course of this challenge.

Like the tulip bulb emerging from the snow, keep growing and blooming. You’re in control and can continue to make positive changes each day.
We hope we have provided ideas and options that are helping you take steps forward as we all push through this difficult period.
Are you tracking your progress? We hope so! You’ve read this article – and that is action, so write it down. Remember small actions add up to big changes. You’ve got this! Stick with it and plan to check your progress in a few weeks’ time.

Choices you control: Small steps add up to big changes!

Take a moment to reflect on your health
Health is created throughout each day by the choices we make. As you think about past healthy choices, what has helped you make those healthier choices?

Another person (friend, colleague, coach, etc.)
A reminder or ‘signal’
A spark (e.g. life event, incentive, etc.)
Having a goal

Here are more choices you control as you own your health.
What are your barriers to achieving health goals?
- Lack a routine
- Lack money/ resources
- Lack motivation
- No Time
- Not important to my social network (family/friends)
- Requires physical effort/ability
Requires too much thought
Don’t know where to start

Now! Think about how these tips are helping you break down your barriers!

**A moment to reflect on your health**
Making change last is most successful when you start small and build on success. What small successes have you achieved these last few weeks?

I am more knowledgeable/ educated about my health
I am more active
I am making food/nutrition choices that work for me!
I have learned ways to manage stress
I am still exploring what works

Now celebrate your success and commit to making more small changes every day!

**Making these changes last!**
We hope this information has provided positive steps to own your own health, both physically and mentally, even in these challenging times.
Stress plays a role in how healthy we are and the better we manage it, the healthier we will be.

- Check out a Mindful Minute – 60 seconds of tips for calm and confidence
- Think you have depression or anxiety? Click here for our free screening tools

**Your whole health**
As we navigate these times of change, we want you to be mindful of your physical health, mental and emotional health. Here are some tips:

1. Stick to a routine. Go to sleep and wake up at a reasonable time, create a schedule that is varied and includes time for both work and self-care.

2. Find time to move each day for at least thirty minutes. If you don’t feel comfortable going outside, there are many YouTube videos that offer free movement classes, and if all else fails, turn on the music and have a dance party!

3. Stay hydrated and eat well. This one may seem obvious, but stress and eating often don’t mix well, and we find ourselves over-indulging, forgetting to eat, or avoiding food. Drink plenty of water, eat nutritious foods, and challenge yourself to learn how to cook something new!

4. Get social, virtually. Check in with your family, friends, and neighbors through phone calls or video chats.
Here are the links for getting your A1C tested. Click here to registration for tests through Quest Patient Service Centers. 9Health has a link for diabetes risk assessment. Click here for the diabetes online screener.

Need more help? The ADA can help.

The American Diabetes Association (ADA) recommends you join a CDC-recognized diabetes prevention lifestyle change program. These programs offer scientifically proven and effective lifestyle changes that can prevent or delay type 2 diabetes. Click here to learn more!

Click here to “Know Your Risk”.

A 9Health Nurse is always available to answer your questions. Please call 303-996-2137 to connect with one of our medical professionals.

Good luck, and stay motivated!