Health Awareness

Millions Of Americans Have Prediabetes; What Older Adults Need To Know

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(NAPS)—During November, Diabetes Awareness Month, and throughout the year, one statistic stands out: Over 115 million U.S. adults have prediabetes, and 8 in 10 do not know it. At the same time, over 40 million U.S. adults are living with diagnosed or undiagnosed diabetes. That's why diabetes awareness, screening and preventive action are so important.

As a physician, I've seen just how much diabetes can impact health and quality of life. That is why when it comes to Type 2 diabetes, I cannot stress enough the importance of prevention. The good news is that simple, everyday actions can help prevent Type 2 diabetes and keep the disease managed. Here's what I recommend:

Be proactive: Know your numbers, know your risk

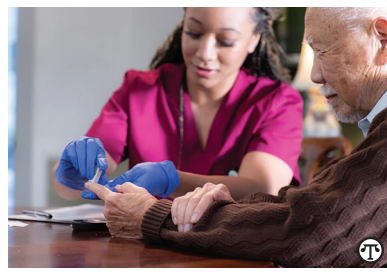
Knowing your risk factors is one of the first steps you can take to reduce your chances of developing diabetes. For example, Type 2 diabetes—which accounts for about 90% of all diabetes cases—is more often diagnosed in adults age 45 and older. Diets high in processed foods and sugar, physical inactivity and smoking all increase Type 2 diabetes risk, as does a family history of the disease.

Kickstarting lifestyle changes that prioritize physical activity and promote a healthy weight is one of the best things you can do to prevent Type 2 diabetes. Even a modest weight reduction (5%–10% of baseline weight) and increased physical activity to at least 150 minutes per week can reduce the risk of developing diabetes by more than 50%.

Know your diabetes status: Get screened early

Start getting screened for prediabetes at age 35, especially if you have risk factors. For people already living with diabetes, ongoing screenings for blood sugar, blood pressure, cholesterol, kidney function and certain cancers are essential to measuring how well the disease is being managed and for preventing complications.

It's also never too late to start getting more physical activity, eating a balanced diet and quitting smoking—even if you already have diabetes.



Early screening for diabetes and learning to prevent and manage the condition can help you have a healthier life.

A health care provider can help you understand your risk factors, make healthy lifestyle recommendations, and work with you on a screening schedule for diabetes prevention and management.

Stay on track with support

Having a support system, including your health care providers, caregivers, friends or family members can make all the difference. Signify Health can also help.

During an In-Home Health Evaluation from Signify Health, an experienced physician, nurse practitioner or physician assistant spends up to an hour with eligible health plan members from the comfort of their home. Clinicians can conduct diabetes screenings, review medications, answer questions and make personalized recommendations for preventing and managing diabetes. A summary of the visit is then shared with the member, their primary care provider and health plan. If needed, Signify Health can help members find a primary care provider and schedule their first appointment.

This Diabetes Awareness Month, I encourage everyone to take a proactive approach to their health. Awareness is the first step, but action can change the course of a person's health.

Learn more

To check your eligibility for a no-cost In-Home Health Evaluation from Signify Health, visit HelloSignify.com.