



Public Health
Prevent. Promote. Protect.
Greene County

PREDIABETES RESOURCE GUIDE

A health and resource guide for **Greene County** residents



What is Prediabetes and why is prevention so important?

8%

Of Greene County adults were diagnosed with prediabetes in 2020.

- Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes. About 1 in 3 people in the U.S. have this condition.
- Prevention is necessary because type 2 diabetes is a serious, chronic health condition that can lead to other serious health issues such as heart disease, kidney failure, blindness, and stroke.

RISK FACTORS

Prediabetes can occur without symptoms, therefore going undetected until the onset of type 2 diabetes. It's important to talk to your doctor about getting your blood sugar tested if you have any of the risk factors for diabetes, which include:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby who weighed more than 9 pounds
- Having polycystic ovary syndrome

Race and Ethnicity are also a factor: African Americans, Hispanic/Latino Americans, American Indians, Alaska Native, and some Pacific Islanders and Asian Americans are at higher risk.



The American Diabetes Association has an online Type 2 diabetes risk assessment test. It takes 60 seconds!

Visit www.Diabetes.org/risk-test

TYPE 2 DIABETES SCREENING

The American Diabetes Association recommends that beginning at age 45, all adults should be tested for type 2 diabetes, and advises screening before age 45 if you're overweight and have additional risk factors for type 2 diabetes.



Talk to your health care provider about the glycated hemoglobin (A1C) test

The A1C test shows your average blood sugar level for the past three months by measuring the percentage of blood sugar attached to your hemoglobin.

- An A1C level below 5.7% is considered normal
- An A1C level between 5.7% and 6.4% is considered prediabetes
- An A1C level of 6.5% or higher on two separate tests indicates type 2 diabetes

A1C TESTING IN GREENE COUNTY

Ask your healthcare provider for a blood glucose test, or schedule an appointment at one of the following testing/health screening sites.

Diabetes Dayton
2555 S Dixie Dr., Dayton. (937) 220-6611
\$15 A1C testing. Call for appointment!
Diabetesdayton.org

Premier Health offers FREE mobile health screening events! Services include Cholesterol/HDL, Blood Glucose, Blood Pressure, and Hemoglobin A1c screening.

Location: 4444 Powell Road
Huber Heights, Ohio 45424
Date/time: 11/4/21, 10am-2pm

Location: 1649 North Gettysburg Avenue
Dayton, Ohio 45417
Date/time: 11/5/21, 1-5pm

Location: 324 Salem Avenue
Dayton, Ohio 45406
Date/time: 11/16/21, 10am-2pm
12/14/21, 10am-2pm

Location: 7600 North Main Street
Dayton, Ohio 45415
Date/time: 12/11/21, 9:30am-1:30pm

Call CareFinders at 1-866-608-3463 to schedule your appointment!

HOW TO PREVENT TYPE 2 DIABETES

Preventing type 2 Diabetes starts with a few lifestyle changes.

Healthy Diet

Making healthy dietary choices and following portion size recommendations not only makes you feel good, but helps prevent chronic disease!

Physical Activity

Losing a small amount of weight if you're overweight and getting regular physical activity can lower your risk for developing type 2 diabetes. All you need is 30 minutes/day!

Program support

Prediabetes prevention programs and support groups offer loads of valuable information and support along your health journey!

USDA Nutrition Guidelines

The core elements that make up a healthy dietary pattern include:

- Vegetables of all types—dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
- Fruits, especially whole fruit
- Grains, at least half of which are whole grain
- Dairy, including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives Protein foods, including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products
- Oils, including vegetable oils and oils in food, such as seafood and nuts

Foods and beverages high in these components should be limited

- Added sugars
- Saturated fat
- Alcoholic beverages

NUTRITION LABEL GUIDE

- **Serving size:** Pay attention to the number of servings per package and the actual serving size. The nutrient amounts are calculated per serving, so if you eat 2 servings, you must double the calories, fat, etc.

- **Calories:** Calories are a measure of the amount of energy you get per serving of this food. 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower depending on your age, sex, height, weight, and activity level.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- **Nutrients:** Limit your intake of saturated fat, sodium, and added sugar, as they may be associated with adverse health effects. Total sugar relates to the amount of sugar already in the food (example: strawberries have natural sugar), and added sugars are added during the processing of the food. Nutrients you should get more of include dietary fiber, vitamin D, calcium, iron, and potassium.

- **Percent Daily Value (DV%):** DV% is the percentage of the Daily Value for each nutrient in a serving of the food. The Daily Values are reference amounts of nutrients to consume or not to exceed each day.

ONLINE NUTRITION RESOURCES

Free nutrition education resources
available online!

CDC.org

- Nutrition data and statistics
- Spanish language nutrition resources

Eatright.org

- Dietary guidelines
- Eating right on a budget

FDA.gov

- Nutrition label information

Harvard.edu - Nutrition Source

- Nutrition research
- Dietary guidance

Livestrong.com

- Healthy recipes
- Weight loss support

myplate.gov

- Portion size assistance
- Promotes eating a variety of foods

Nutrition.gov

- Dietary guidance
- Healthy recipes and meal planning
- Physical activity

Greene County Food Pantries

- **St. Vincent de Paul**
954 N. Maple St, Fairborn. (937-424-0951)
Area Served: Fairborn
Days and Hours: By appointment
- **Wright State University Raider Food Pantry**
3640 Col. Glenn Highway, Fairborn. (937-775-2617)
Area Served: Wright State students, Fairborn residents
Days and Hours: Contact for hours
- **Yellow Springs Community Food Pantry**
202 South Winter St, Yellow Springs (937-767-7560)
Area Served: Yellow Springs and Clifton
Days and Hours: 2nd and 4th Thursday, 2-4pm
- **AHOP & Bogg Ministries**
282 Stelton Rd, Xenia. (937-372-1600)
Area Served: Xenia
Days and Hours: Monthly, 1st Thursday, 6-7:30pm
- **Ledbetter Road Church of God**
325 Ledbetter Rd, Xenia. (937-372-5583)
Area Served: Greene County
Days and Hours: 4th Saturday monthly, 9-11am
- **FISH Fairborn**
1149 North Broad St, Fairborn (937-879-1313)
Area Served: Fairborn and Bath Township
Days and Hours: Tues/Fri, 2-4pm
- **Peace Lutheran Church**
3530 Dayton Xenia Rd, Beavercreek (937-426-1441)
Area Served: Beavercreek
Days and Hours: By appointment
- **Glory Ministries Food Pantry**
880 Hoop Rd, Xenia. (937-372-3573) *Call in advance
Area Served: Xenia
Days and Hours: 3rd Wednesday, monthly, 12-1:30pm
- **Helping Hands Food Pantry**
1180 Upper Bellbrook Rd, Xenia. (937-372-0279)
Area Served: Xenia
Days and Hours: 1st and 3rd Mondays, 9am-12pm

Greene County Community Meals

AHOP Church

356 Home Ave, Xenia.

Days and time: Every Monday 6:45-7:15pm

Arrowbrook Baptist Church

1124 Upper Bellbrook Rd, Xenia

Days and Time: Last Wednesday of the month,
6pm

- Faith Community United Methodist Church
100 Country Club Dr, Xenia
Days and time: Every Wednesday, 5-6:30pm
- 1st Evangelical Luthern Church
287 W. Main St, Xenia
Days and Time: Every Thursday, 6pm
- Living Stones Christian Church
125 N. Allison Ave, Xenia
Days and Time: Last Saturday of the month, 5-7pm
- Emanuel Baptist
1120 S. Detroit St, Xenia
Days and time: 2nd and 4th Monday at 6pm
- United AME Church
286 W. Main st, Xenia
Days and Time: Every Wed

PHYSICAL ACTIVITY

Being active makes your body more sensitive to insulin, which helps manage your blood glucose levels. Physical activity also lowers your risk of heart disease and nerve damage.

In adults, physical activity...

- Lowers risk of high blood pressure
- Lowers risk of stroke
- Improves aerobic fitness
- Improves mental health
- Improves cognitive function
- Reduces arthritis symptoms
- Helps prevent weight gain

How to get started!

- Find something you like
- Make a goal
- Find a partner
- Schedule it in



FUN WAYS TO GET MOVING!



Go biking on your favorite local trail!



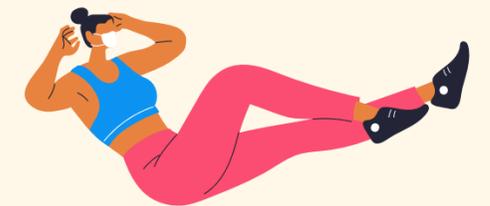
Go for a walk with a friend!



Go dancing!



Join a yoga class or follow a yoga class online!



Take a fitness class at your local YMCA!

DAYTON YMCA DIABETES PREVENTION PROGRAM

The program gives you:

- A full year of support to make lasting lifestyle changes that improve your overall health and reduce the risk of type 2 diabetes.
- A CDC-approved curriculum.
- Support from a trained lifestyle coach and other participants.

YMCA of Greater Dayton

118 W. First Street Suite 300
Dayton, OH 45402

Program participants must meet the following criteria:

- Adults 18+
- Overweight (BMI > 25)*
- At risk for or have been diagnosed with prediabetes confirmed via a qualifying risk score OR a previous diagnosis of gestational diabetes OR one of three blood tests:
 - Fasting Plasma Glucose between 100 – 125 mg/dL
 - 2-hour (75 gmglucola) Plasma Glucose between 140-199 mg/dL
 - A1c between 5.7% and 6.4%

For information about the program and to enroll, contact:

Ali Schulze

118 W. First Street, Ste. 300

Dayton, OH 45402

937-223-5201

aschulze@daytonymca.org



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Greene County Public Health

360 Wilson Drive

Xenia, OH 45385

937-374-5600

www.gcph.info