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CONSERVATIVE CORNER | MALLARD FILLMORE

By Loren Fishman



SUNDAY, LOCAL COMMENTARY | MONDAY, LOCAL COLUMNISTS | TUESDAY, THURSDAY & SATURDAY, POLITICAL OPINION | WEDNESDAY, WELLNESS ADVICE | FRIDAY, READER THOUGHTS

A VIEW FROM VILLAGES HEALTH

## One in three American adults has prediabetes, a condition in which blood glucose levels are higher than desired but not high enough to be diagnosed with diabetes.



**Amy Wixted**

COMMENTARY

Without changes in lifestyle habits, many individuals with prediabetes will develop Type 2 diabetes within 5 years. Prediabetes can also increase the risk for heart disease, stroke and other complications associated with higher glucose values.

Since prediabetes doesn't exhibit any physical symptoms, the Centers for Disease Control and Prevention reports that as many as 8 in 10 individuals with prediabetes are not aware of their diagnosis.

Prediabetes is defined as fasting blood glucose (FBG) levels between 100 mg/dL and

125 mg/dL or a hemoglobin A1C level between 5.7% and 6.4%.

There are additional factors that increase the risk for developing Type 2 diabetes. Individuals who are over 45 years old and have a parent or sibling with Type 2 diabetes, or are physically active fewer than three times per week have a greater likelihood of developing prediabetes or Type 2 diabetes. For women in particular, those that had gestational diabetes while pregnant or delivered a baby that weighed more than 9 pounds at birth are also at greater risk.

The great news is that prediabetes can be reversible. Healthy lifestyle changes among those with prediabetes have been shown to reduce an individual's risk of developing Type 2 diabetes by 58%.

The impact of lifestyle changes on adults age 60 and older had an even greater impact, with a risk reduction of 71%. There are three primary lifestyle changes that can have a significant impact on reducing the likelihood of developing diabetes: moderate weight loss, healthy eating and regular exercise.

### Moderate Weight Loss

A 2020 study published in Diabetologia found that obesity increases the risk of developing diabetes by 600%.

A moderate weight loss of 5% to 7% reduces inflammation in your body, helps your pancreas better keep up with your body's insulin needs and assists with better blood glucose control. It is important with any weight-loss program to keep the focus on long-term lifestyle change rather than a quick-fix through crash diets.

### Healthy Eating

Healthy eating habits have a tremendous impact on your body's overall health and play a pivotal role in reducing diabetes risk. Aim for half your plate to be filled with non-starchy vegetables such as asparagus, brussels sprouts, broccoli, salad greens, peppers or others.

A quarter of your plate should contain an animal- or plant-based protein source and the remaining quarter of your plate should be a starchy vegetable or grains (preferably whole grains). Round

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out your meal with a serving of fruit, a low-calorie item that contributes to your daily calcium needs, and a low- (or no-) calorie beverage.

### Exercise

Regular exercise has a crucial impact on overall health and on reducing diabetes risk. In the most current edition of the Physical Activity Guidelines for Americans, the latest research shows that 150 to 300 minutes of moderate to vigorous activity

per week reduces the risk of developing Type 2 diabetes by 25% to 35%.

This positive impact is consistent for those at a healthy weight, overweight or obese. Start by setting a goal to do some activity every day and increase the duration of time each day when you're ready.

The Villages Health provides a free one-hour Prediabetes and Diabetes Prevention class through our Learning Center program. The Villages Health also is fully recognized by the CDC to offer the National Diabetes Prevention Program, Prevent T2. Prevent T2 is a yearlong program facilitated in a small-group format to help you lose weight, eat better, exercise more and identify healthy habits for long-term success. You do not have to be a Villages Health patient to attend.

More information about the one-hour class and the yearlong program can be found on our website at [www.thevillageshealth.com/learning-center](http://www.thevillageshealth.com/learning-center) or by calling 352-674-1779.

Amy Wixted, MPH, CHES, CIC is population health manager at The Villages Health.

LIVE & IN-PERSON



LAUGH & LEARN

BEN STEIN REVEALS WHY America's future — and your retirement — are under assault as never before, and he gives you the new ground rules for a secure retirement.

Find out how it's possible to put an end to the Shrinking Nest Egg nightmare... keep the tax wolf from your door... shield your hard-earned assets from Uncle Sam, lawyers and others with a hungry eye on your money... and secure a lasting financial legacy for your children and grandchildren. Enjoy the Midas wisdom of Ben Stein!

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FOX Network commentator, economist, author and humorist Ben Stein has been observing Washington for more than 40 years. From his unique vantage point inside the Nixon White House to today's escalating Obamacare debacle, Stein's keen observations have placed him among the most quoted thinkers and closely followed pundits of our generation.

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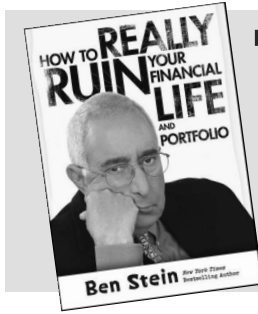
## Meet Ben Stein & FRIENDS

WEDNESDAY, JANUARY 19, 2022  
10 AM & 2 PM



in The Villages  
at the Brownwood Hotel  
3003 Brownwood Blvd.

Inflation. Taxes. And what's love got to do with it!



**Exclusive VIP Admission** includes a photo with Ben Stein, Priority VIP seating, and a signed copy of Ben Stein's book, *How to Really Ruin Your Financial Life and Portfolio*.

Ben Stein is a Yale University valedictorian, New York Times bestselling author, winner of the Malcolm Forbes Award for Excellence in Financial Journalism, and a contributor to *The American Spectator*, *CBS Morning News*, *CNN* and *FOX News*.



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