

UNDERSTANDING YOUR PREDIABETES

Your HbA1c Result: 42-47mmol/mol

Your recent blood test shows that your blood sugar levels are slightly higher than normal. This is called **prediabetes** (sometimes called *impaired glucose tolerance* or *non-diabetic hyperglycaemia*).

Prediabetes means you are at increased risk of developing type 2 diabetes in the future, but you do **not** currently have diabetes.

Most people with prediabetes feel completely well and do not have symptoms.

What is an HbA1c Blood Test?

The HbA1c measures your average blood sugar (glucose) levels over the past 2-3 months.

Here is a guide to interpreting the numbers:

- Normal: below 42mmol/mol
- Prediabetes: 42 – 47 mmol/mol
- Type 2 Diabetes: 48 mmol/mol or above

The Good News

Many people can prevent or delay type 2 diabetes by making healthy lifestyle changes.

Research shows that improving diet, increasing physical activity, and achieving a healthy weight can reduce the risk of developing type 2 diabetes by around 50%. Even small changes can make a big difference.

What You Can Do

HEALTHY EATING

- Aim for regular meals
- Choose high-fibre foods (e.g. wholegrain bread/rice/pasta, oats, beans, lentils, fruit, veg)
- Choose healthy snacks
- Choose healthier fats, such as olive oil, nuts, seeds & oily fish
- Reduce sugary foods & drinks
- Reduce portion sizes
- Limit processed & takeaway foods

PHYSICAL ACTIVITY

- Aim for at least 150 minutes of moderate intensity activity each week (e.g. brisk walking, cycling, swimming, dancing)
- Aim for 2 or more days per week with strength or resistance exercises
- If you are not active currently, start with a little and gradually build up - choosing something you enjoy helps you to keep at it

WEIGHT MANAGEMENT

- If you are overweight, even a small amount of weight loss (5-10%) can significantly reduce your risk of type 2 diabetes
- Slow, steady, sustainable changes are more likely to stick

SMOKING & ALCOHOL

- If you smoke, stopping reduces your risk of type 2 diabetes, as well as cardiovascular problems
- Alcohol contains a lot of extra calories and sugar. Try to stay within recommended limits (14 units = 6 pints of average-strength beer or 6 medium glasses of wine), have alcohol-free days & avoid binge drinking
- There is support available to help you stop drinking or smoking

Monitoring & Follow-up

We will invite you for a repeat HbA1c blood test annually to monitor your blood sugar levels.

Please contact the practice to book an appointment if you:

- develop symptoms such as excessive thirst, frequent urination, unexplained weight loss or fatigue
- have questions or concerns about your results
- would like support with lifestyle changes

Our clinical team will be happy to help.

Trusted Information & Support

<https://www.nhshighland.scot.nhs.uk/health-and-wellbeing/diabetes/diabetes-resources-in-highland/>

– Highland-specific resources for those newly diagnosed with prediabetes and type 2 diabetes; includes an app ('New to Type 2' – also applicable to prediabetes) and full information pack ('Live It Highland') expanding on lifestyle change you could look at making.

<https://mydiabetesmyway.scot.nhs.uk> – A one stop shop for your individual journey with prediabetes; once registered, you will receive information including blood test results from your reviews. The site has e learning courses, local information and evidence-based advice for all areas of diabetes.

<https://www.diabetes.org.uk> – This website has a wealth of information including recipes, dietary and exercise advice, support groups and much more.

<https://www.myself-management.org/> – A Highland-based self-management charity that focuses on enhancing wellbeing and living better with chronic conditions; they offer e-learning, in-person and online courses and groups.