

Pre-diabetes (Non-diabetic Hyperglycaemia)

What is prediabetes?

Prediabetes means that your blood sugars are higher than usual, but not high enough for you to be diagnosed with type 2 diabetes. It also means that you are at high risk of developing type 2 diabetes. You are unlikely to be experiencing any symptoms with prediabetes.

Prediabetes is also sometimes called borderline diabetes. Higher than normal blood sugars can be detected via blood tests. The medical terms for higher-than-normal blood sugars are:

An **HbA1c test** is the main blood test used to diagnose diabetes. It tests your average blood sugar levels for the last two to three months. You don't need to prepare for a HbA1c. It's a quick and simple test where a small amount of blood is taken from a vein in your arm. This is different to a finger-prick test, which is a snapshot of your blood sugar levels at that moment.

You'll normally get the test results in a few days. From these results, your healthcare professional will be able to see if you have diabetes or prediabetes based on the following thresholds:

- An HbA1c of 41mmol/mol or below is considered normal.
- An HbA1c of 42 – 47 mmol/mol or below is considered in the prediabetic range.
- An HbA1c of 48mmol/mol or above indicates that you have diabetes. This should be confirmed with a second test two to four weeks later.

Prediabetes symptoms

Prediabetes doesn't have any symptoms. If you start to have any of the symptoms of type 2 diabetes it means you have probably already developed it.

So it's important to know the risk factors and what support is available to help you prevent or delay type 2 diabetes.

Causes of prediabetes

At the moment, 13.6 million people are at increased risk of type 2 diabetes in the UK. If you've been told you have prediabetes, this is a warning sign that you are at high risk of developing type 2 diabetes. The good news is you don't have it yet, and with the right support up to 50% of cases of type 2 diabetes can be prevented or delayed.

Type 2 diabetes happens because insulin can't work properly, so your blood sugar levels keep rising. This means more insulin is released. For some people

with type 2 diabetes this can eventually tire the pancreas out, meaning their body makes less and less insulin. This can lead to even higher blood sugar levels.

Type 2 diabetes can come on slowly, usually over the age of 40. The signs may not be obvious, or there may be no signs at all, therefore it might be up to 10 years before you find out you have it.

That's why it's very important to know the risk factors:

- You're more at risk if you're white and over 40 or over 25 if you're African-Caribbean, Black African, or South Asian.
- You're two to six times more likely to get type 2 diabetes if you have a parent, brother, sister or child with diabetes.
- Type 2 diabetes is two to four times more likely in people of South Asian descent and African-Caribbean or Black African descent.
- You're more at risk if you've ever had high blood pressure.
- You're more at **risk of type 2 diabetes** if you're carrying extra weight, especially if this weight is around your middle.

You are more at risk of developing type 2 diabetes if some or all of the risk factors apply to you. Our **Know Your Risk online tool** only takes a couple of minutes to complete.

Where to start?

The reasons people are at risk can be different and some people are more at risk than others. But research has shown that, for some people, getting support to make changes to your lifestyle, including healthy eating, moving more and losing weight, can help reduce your risk by about 50%.

You can reduce your risk of developing type 2 diabetes by:

- **eating well**
- **moving more**
- **getting support to lose weight if you need to**

Simple, right? We know it's not that simple and we're here to help you get started. What can be difficult is knowing how to do it – especially long-lasting changes.

Remember, if you enjoy something, you're more likely to stick to it.

Here are some tips to get you inspired:

- Don't forget, you're not alone in this - there's **lots of support** out there to help you.
- Set **goals** which are realistic and work for you.

- Change one thing at a time and make the **changes part of your everyday**.

Adapted from Source: https://www.diabetes.org.uk/diabetes-the-basics/types-of-diabetes/type-2/prediabetes?gad=1&gclid=Cj0KCQjwldKmBhCCARIsAP-0rfwz2YjSxe0U9v0I9UN4VLcPL-YDgD7dfNXIEHmhf24zsxQ5hiXhXKEaArwhEALw_wcB

Healthier You NHS Diabetes Prevention Programme

The Healthier You NHS Diabetes Prevention Programme, also known as the Healthier You programme, identifies people at risk of developing type 2 diabetes and refers them onto a nine-month, evidence-based lifestyle change programme. It is a joint service from NHS England and [Diabetes UK](#).

The Healthier You programme is available both as a face-to-face group service and as a digital service. When referred into the programme, people are free to choose between the two.

People on the face-to-face group service receive personalised support to manage their weight, eat more healthily and be more physically active – which together have been proven to reduce a person’s risk of developing type 2 diabetes.

The digital service offers similar support but through the use of digital tools such as wearable technologies that monitor levels of exercise, apps where users can access health coaches, online peer support groups and the ability to set and monitor goals electronically.

Research shows the Healthier You NHS Diabetes Prevention Programme has reduced new diagnoses of type 2 diabetes in England, saving thousands of people from the potentially serious consequences of the condition. It cuts the risk of developing type 2 diabetes by more than a third for people completing the programme.

The Healthier You programme is delivered across England by a range of providers. [Find contact details for the provider of the programme in your area.](#)

Source: <https://www.england.nhs.uk/diabetes/diabetes-prevention/>