

JULY 2017

# ARE YOU AT RISK?



**LMP** LABOR MANAGEMENT PARTNERSHIP

Talk to your doctor and check here: <http://bit.ly/PrediabetesRisk>

If you have prediabetes, the changes you make today can make a difference now and later.

If you don't have prediabetes, the same healthy choices can help prevent prediabetes, heart disease and stroke, plus other complications.



## Prediabetes? What is that?

Prediabetes often has no symptoms, yet blood sugars are higher than normal. That's a warning sign that you're at risk for Type 2 diabetes. Diabetes is when the body doesn't properly process the sugar in foods. The unused sugar stays in the blood, which can damage organs, including your eyes and kidneys, and can lead to amputations.

The good news is that diabetes may be prevented with lifestyle changes.



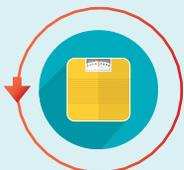
## FIGHT PREDIABETES AS A TEAM:



Get more physical activity



Eat more green vegetables



Lose weight



Decrease sweets, sodas and juices

## In huddles and UBT meetings, ask:

What's a good SMART goal for our team related to reducing our prediabetes risk?

How can we gently encourage eating healthier and moving more?

More info can be found on [KP.org/healthyworkforce](http://KP.org/healthyworkforce).