

All Wales Diabetes Prevention Programme (AWDPPP)

Being told you are at risk of developing type 2 diabetes can be confusing. However, the good news is there are things that everyone can do to make sure their risk is as low as possible.

What does HbA1c mean?

You have recently had a blood test, called an HbA1c. This measured your average blood sugar (glucose) levels over the last 2 to 3 months.

Your HbA1c is between 42-47 mmol/mol. This means it is higher than normal but not yet high enough to be diagnosed with type 2 diabetes.

However, you are at higher risk of developing type 2 diabetes. You are unlikely to be experiencing any symptoms.

Why am I at risk of developing type 2 diabetes?

You are more at risk if:



You have a parent, brother, sister or child with diabetes

40+ **25+**

You are over 40 years old and white or over 25 years old and of African-Caribbean, Black African, or South Asian descent



You have ever had high blood pressure



You need to lose weight, especially if this weight is around your middle

How can I reduce my risk of developing type 2 diabetes?

During your Diabetes Prevention appointment, we will discuss important changes including:

- **Eating a healthy balanced diet**

- Eating less processed meats, pastries, cakes and full sugar drinks



- Portion sizes of carbohydrates and consider wholegrains



- Aim for at least 5 portions of fruit and vegetables per day

- Aim for at least 2 portions of fish per week



- If you drink alcohol, have no more than 14 units per week, spread over several days.

- **Reaching a healthier weight**

- **Moving more** – aim for 30 minutes of moderate intensity activity 5 times per week to raise your heartbeat and strengthen your muscles



By making some changes to what you eat, being active and having a healthy weight, about half of type 2 diabetes cases can be prevented or delayed.

Where can I get more information and support?

Visit the links or scan the QR codes for more information.



www.medic.video/w-pre



www.diabetes.org.uk/preventing-type-2-diabetes/prediabetes



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Rhaglen Atal Diabetes Cymru Gyfan (AWDPP)

Gall cael gwybod eich bod yn wynebu risg o ddatblygu diabetes math 2 fod yn ddryslyd. Fodd bynnag, y newyddion da yw bod pethau y gall pawb eu gwneud i sicrhau bod eu risg mor isel â phosibl.

Beth mae HbA1c yn ei olygu?

Rydych wedi cael prawf gwaed yn ddiweddar, o'r enw HbA1c. Mesurodd hyn eich lefelau siwgr gwaed (glwcos) cyfartalog dros y 2 i 3 mis diwethaf.

Mae eich HbA1c rhwng 42-47 mmol/mol. Mae hyn yn golygu ei fod yn uwch na'r arfer ond ddim eto'n ddigon uchel i gael diagnosis o ddiabetes math 2.

Fodd bynnag, rydych yn wynebu risg uwch o ddatblygu diabetes math 2. Mae'n annhebygol eich bod yn profi unrhyw symptomau.

Pam ydw i'n wynebu risg o ddatblygu diabetes math 2?

Rydych yn wynebu mwy o risg:



Os oes gennych riant, brawd, chwaer neu blentyn â diabetes

40+

25+

Os ydych dros 40 oed ac yn wyn neu dros 25 oed ac o dras Affricanaidd-Caribiaidd, Du Affricanaidd, neu Dde Asia



Os ydych erioed wedi cael pwysedd gwaed uchel



Os oes angen i chi gollu pwysau, yn enwedig os yw'r pwysau hwn o amgylch eich canol

Sut y gallaf leihau fy risg o ddatblygu diabetes math 2?

Yn ystod eich apwyntiad Atal Diabetes, byddwn yn trafod newidiadau pwysig gan gynnwys:

- **Bwyta deiet iach a chytbwys**
- Bwyta llai o gig wedi'i brosesu, teisennau crwst, teisennau a diodydd siwgr llawn
- Maint cyfrannau bwyd o garbohydradau ac ystyried grawn cyflawn
- Anelu at o leiaf 5 dogn o ffrwythau a llysiau bob dydd
- Anelu at o leiaf 2 ddogn o bysgod yr wythnos
- Os ydych yn yfed alcohol, peidiwch â chael mwy na 14 uned yr wythnos, wedi'u rhannu dros sawl diwrnod.



- **Cyrraedd pwysau iachach**
- **Symud mwy** – anelwch at 30 munud o weithgaredd dwysedd cymedrol 5 gwaith yr wythnos i godi curiad eich calon a chryfhau eich cyhyrau



Drwy wneud rhai newidiadau i'r hyn rydych yn ei fwyta, bod yn egniol a chael pwysau iach, gellir atal neu oedi tua hanner yr achosion o ddiabetes math 2.

Ble gallaf gael rhagor o wybodaeth a chymorth?

Ewch i'r dolenni neu sganiwch y codau QR i gael rhagor o wybodaeth.



www.medic.video/w-pre



www.diabetes.org.uk/preventing-type-2-diabetes/prediabetes