

# Prediabetes and Healthy Living Resource Guide

## Southwest Utah

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### Prediabetes

#### LiVe Well Center

National Diabetes Prevention Program  
652 S Medical Center Dr, Suite LL10, St. George  
Phone: (435) 251-3793  
Website: [intermountainhealthcare.org](http://intermountainhealthcare.org)

#### Cedar City Hospital

Dietitian Services  
1303 N Main St, Cedar City  
Phone: (435) 868-5335  
[intermountainhealthcare.org](http://intermountainhealthcare.org)

#### Diabetes Education Clinic (ADA Recognized)

##### Cedar City Hospital

Individual & Group Sessions  
110 W 1325 N, Suite 100, Cedar City  
Phone: (435) 868-5576  
[intermountainhealthcare.org](http://intermountainhealthcare.org)

#### Dixie Endocrine & Diabetes Clinic (ADA Recognized)

Individual & Group Sessions  
1424 E Foremaster Dr, Suite 120, St. George  
Phone: (435) 251-2888  
Website: [intermountainhealthcare.org](http://intermountainhealthcare.org)

#### Intermountain Clinics

Prediabetes 101 Class  
75 N 2260 W, Hurricane  
Phone: (435) 635-6500

577 S River Rd, St. George  
Phone: (435) 688-6100

1739 W Sunset Blvd, St. George  
Phone: (435) 634-6018

#### Southwest Utah Public Health Department

Community Classes  
620 South 400 East, St. George  
Phone: (435) 986-2552  
Website: [swuhealth.org/diabetes](http://swuhealth.org/diabetes)

#### University of Utah

Online National Diabetes Prevention Program  
Beaver, Garfield, Iron, Kane, Washington Counties  
Phone: (801) 213-8720  
Website: [diabetes.healthslate.com/partners/uuhealth](http://diabetes.healthslate.com/partners/uuhealth)

### Healthy Living

#### FourPoints Health

Nutrition Counseling & Service Coordination  
440 North Paiute Drive, Cedar City  
6109 West 3700 North, Ivins  
Phone: (435) 586-1112  
Website: [fourpointshealth.org](http://fourpointshealth.org)

#### Harmons Neighborhood Grocer

Shop With A Dietitian: Healthy Living  
1189 E 700 S, St. George  
3520 Pioneer Parkway, Santa Clara  
Phone: (435) 773-6204  
Email: [melanietaylor@harmonsgrocery.com](mailto:melanietaylor@harmonsgrocery.com)  
Website: [harmonsgrocery.com/events](http://harmonsgrocery.com/events)

#### LiVe Well Center

Various Lifestyle Programs and Services  
652 S Medical Center Dr, Suite LL10, St. George  
Phone: (435) 251-3793  
Website: [intermountainhealthcare.org](http://intermountainhealthcare.org)

#### Southwest Utah Public Health Department

Online Steps to a Healthier YOU  
Beaver, Garfield, Iron, Kane, Washington Counties  
Phone: (435) 986-2552  
Website: [swuhealth.org/diabetes](http://swuhealth.org/diabetes)

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**Visit [swuhealth.org/diabetes](http://swuhealth.org/diabetes) for more information.**

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### What is an A1C test?

The A1C test—also known as the hemoglobin A1C or HbA1c test—is a simple blood test that measures your average blood sugar levels over the past 3 months. It's one of the commonly used tests to diagnose prediabetes and diabetes.

### What does it mean to have Prediabetes?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. More than 1 out of 3 adults have prediabetes. Of those with prediabetes, 90% don't know they have it. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.

The good news is that if you have prediabetes, you can make simple lifestyle changes to prevent or delay type 2 diabetes and other serious health problems.

### What causes Prediabetes?

Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into cells for use as energy. If you have prediabetes, the cells in your body don't respond normally to insulin. Your pancreas makes more insulin to try to get cells to respond. Eventually your pancreas can't keep up, and your blood sugar rises, setting the stage for prediabetes—and type 2 diabetes down the road.

### Who is at risk of Prediabetes?

If you are overweight, 45 years or older, have a parent or sibling with type 2 diabetes, not physically active, or had diabetes during pregnancy or gave birth to a baby who weighed more than 9 pounds you may be at risk of developing prediabetes. Race and ethnicity are also factors.

### What can I do to reduce my risk of Type 2 Diabetes?

If you have prediabetes, losing a small amount of weight if you're overweight and getting regular physical activity can lower your risk of developing type 2 diabetes. A small amount of weight loss means around 5% to 7% of your body weight, just 10 to 14 pounds for a 200-pound person. Regular physical activity means getting at least 150 minutes a week of brisk walking or a similar activity. That's just 30 minutes a day, five days a week.

Making healthy lifestyle changes can lower your risk of developing type 2 diabetes by as much as 58% (71% if you're over age 60).

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