

Prediabetes and Healthy Living Resource Guide

Southwest Utah

Prediabetes

LiVe Well Center

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

Cedar City Hospital

Dietitian Services
1303 N Main St, Cedar City
Phone: (435) 868-5335
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

Dixie Endocrine & Diabetes Clinic (ADA Recognized)

Individual & Group Sessions
1424 E Foremaster Dr, Suite 120, St. George
Phone: (435) 251-2888
Website: 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

University of Utah

National Diabetes Prevention Program (Online)
Beaver, Garfield, Iron, Kane, Washington Counties
Phone: (801) 213-8720
Website: 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

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
Website: 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

Southwest Utah Public Health Department

Steps to a Healthier YOU (In-Person)
Kane and Washington Counties
Steps to a Healthier YOU (Online)
Beaver, Garfield, Iron, Kane, Washington Counties
Community Forums (2nd Thursday)
620 South 400 East, St. George
Phone: (435) 986-2552
Website: swuhealth.org/diabetes

Visit swuhealth.org/diabetes for more information.

Call 435-986-2552 with any questions or comments regarding this resource guide.

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What is an A1C test?

The A1C test—also known as the hemoglobin A1C or HbA1c test—is a simple finger prick 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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