CAN WEIGHTLOSS REVERSE PREDIABETES?

Evidence from the global PREVIEW study, and others, suggests that...

**Prediabetes can be reversed by losing 10% of body weight and keeping it OFF.**

A formula diet programme of 800 calories a day gave 10% LOSS over 8 weeks.

Evidence from other studies show that 10% weight loss, if maintained, would be expected to be associated with 85% reduction in diabetes risk over 3 years.

The link between keeping diabetes free for longer, through a healthy lifestyle, was demonstrated in the US Diabetes Prevention Program (USDP), which showed that risk of diabetes over 3 years fell by 10% for each % point of weight loss at 6 months.

**What is Prediabetes?**
- **NO DIABETES** Fasting blood sugar <60mmol/l
- **PRE DIABETES** Fasting blood sugar 6-6.9mmol/l
- **DIABETES** Fasting blood sugar ≥70mmol/l

Prediabetes is when blood sugar levels are higher than normal, but not high enough to be diagnosed with type 2 diabetes.

**In 2014**
- 1.3 Billion adults were overweight

**By 2025**
- 2.7 Billion people will be overweight

**1 person every 5 Minutes** develop diabetes every day in Australia

**5-10% of prediabetics will develop diabetes**

There are currently around 1.7 million people in Australia with diabetes.

**By 2035**
- 592 million people worldwide will have diabetes

**Risk Factors For Prediabetes:**
- Having diabetes whilst pregnant (gestational diabetes)
- Family history of diabetes
- Being overweight
- Being 45+ years of age or older
- Being physically inactive

For more information please visit cambridgeweightplan.com.au