



WESTCHESTER COUNTY CARES

Diabetes

Know Your Numbers

Find a Clinic Near You
health.westchestergov.com/community-health-centers

Westchester
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George Latimer, County Executive
Sherlita Amler, MD, Commissioner
Department of Health

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The Department of Health Cares...

Know Your Numbers

If you have diabetes, no matter what type, it means that you have too much glucose (sugar) in your blood. Chronic diabetes conditions include type 1 and type 2 diabetes. Other diabetes conditions include prediabetes and gestational diabetes. Prediabetes is when your blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. Gestational diabetes may occur during pregnancy, but can resolve after the baby is delivered.

Fasting Blood Sugar Levels:

Healthy:Less than 100 mg/dL
 Prediabetic:.....100 to 125 mg/dL
 High:126 mg/dL or higher
 (on two separate tests)

Talk to Your Health Care Provider

People with diabetes are at a higher risk for heart disease and stroke. Ask your health care provider to test your blood sugar and other numbers, like blood pressure and cholesterol. If your blood sugar is high, you can talk with your health care provider about making lifestyle changes and/or the possibility of taking medicine to control it. You can also go to a clinic to get your numbers (see back for resource information).



Control Blood Sugar

Eat Healthy

Eat a variety of foods including fruits, vegetables, whole grains, lean protein and low-fat or fat-free dairy. Try to eat meals and snacks around the same time each day.

Maintain a Healthy Weight

If you're overweight, losing even a few pounds can make a difference in your blood sugar control.

Be Active

Regular exercise can help prevent prediabetes and help those who already have it maintain better blood sugar control.

Check Your Blood Sugar

If you have diabetes, be sure to test your blood sugar regularly to ensure it remains within your target range.

Join the NDPP

People with prediabetes can benefit greatly from participation in the National Diabetes Prevention Program (NDPP). This nationally recognized lifestyle change program has a proven track record for preventing/delaying the onset of type 2 diabetes.

Find a NDPP program near you at health.westchestergov.com/diabetes/prediabetes

✂ Use this wallet card to log your blood sugar and other numbers.

Date	Ideal	My Numbers	My Numbers
	Ex: mm/dd/yyyy	/ /	/ /
Blood Pressure	< 120/< 80		
Blood Sugar	< 100		
Total Cholesterol	< 200		
LDL (Bad) Cholesterol	< 100		
HDL (Good) Cholesterol	≥ 60		
Triglycerides	< 150		
Waist Size	Men<40" Women<35"		

Exercise at least 30 minutes/day, 5 days/week to help maintain good numbers.