

Raised HbA1c

This is a long term sugar marker in your body and reflects sugar levels over a three month period or longer. A raised Hba1c between 42-47 means you have pre-diabetes. This means that there is excess sugar in your body. It is not a diagnosis of Type 2 Diabetes Mellitus but if you do not act on this to try to reduce sugar levels, then there is a risk that it can progress on to Type 2 Diabetes Mellitus.

Interventions:

1) Reducing intake of sugar in diet.

This means cutting out on sugary foods or sugar added to cereals, hot drinks. This also includes some alcohol as alcoholic drinks can contain a lot of sugar. Fruits also have natural sugars so try to substitute vegetables instead like carrots, bell peppers and cucumber.

Also cutting down on carbohydrates (pasta, bread, rice, potatoes) will help as they are broken down into glucose molecules in your body. This is an excellent resource to help you do this -

<https://lowcarbfreshwell.co.uk/>

Frees services that can help with alcohol reduction:

<https://www.essexwellbeingsservice.co.uk/services/alcohol-reduction>

2) Burning off sugar

Please increase your physical exercise to help burn off sugar and any excess weight. Fatty tissue reduces the effectiveness of insulin in the body to process sugar.

Recommendations are for muscle strengthening exercises twice a week. This could be doing some press ups and squats weekly and also working out with some small weights or resistance bands. Regular cardiovascular exercise will also help. 150 minutes of cardiovascular exercise a week is recommended to keep healthy. This could be 5 x 30 minute brisk walks a week. Please build up slowly to these. Any activity - dancing, cycling, rowing or even just being a bit more active in the garden which is above your normal range will help. It will also give you lots of other health benefits such as improved general improved strength, well-being, lower blood pressure, reduced cholesterol, reduced stress and improved mental well-being.

Free services that can help with increasing physical activity.

<https://www.essexwellbeingsservice.co.uk/services/physical-activity>

3) Reducing your weight

Fatty tissue, particularly that around the abdominal area affects how well your insulin processes glucose. Therefore, any weight that you can lose will help. Reducing intake of fatty foods, controlling your portion sizes, increasing exercise will help.

Free services that can help with weight loss.

<https://www.essexwellbeingservice.co.uk/services/weight-management>