



Talking Points for Community Champions

Well-Ahead Louisiana Now's The Time Campaign

What is prediabetes, and why does it matter?

- Prediabetes is a condition where you have high blood sugar levels, but not high enough to be type 2 diabetes...yet.
- Having prediabetes increases your risk for developing type 2 diabetes and heart disease.
- Without taking action, many people with prediabetes could develop type 2 diabetes within 5 years.¹

How widespread is diabetes among African Americans in our community?

- Louisiana has the second highest diabetes mortality rate in the nation, and African Americans are diagnosed with diabetes at a higher rate than other races. Every year in Louisiana, an estimated 32,000 citizens are diagnosed with type 2 diabetes.²
- Diabetes is sometimes called “the sugar” because it reduces the body’s ability to process blood sugar. Living with diabetes can lead to more expensive medical bills and can negatively affect your quality of life.
- That’s why it’s important to know if you’re living with prediabetes, and to learn the steps to prevent “the sugar.”
- When you know you have prediabetes, you can prevent it from getting worse. Preventing or reversing type 2 diabetes is possible, but it requires healthy eating and regular exercise.

What is Now's the Time?

- Now's the Time is a campaign launched by Well-Ahead Louisiana to raise awareness about prediabetes among African Americans in our community.
- Well-Ahead Louisiana is the chronic disease prevention and healthcare access arm of the state Department of Health. Well-Ahead connects communities to tools and resources that help improve the health of Louisiana’s residents where they live, work, learn and play.
- We’re encouraging African American adults to go to nowsthetimela.com and take an easy online quiz to find out their prediabetes risk level.

So if someone goes to the website, takes the test and learns they may be at risk for prediabetes, what should they do?

- If you score a 5 or higher on the risk test, we encourage you to schedule a visit with your doctor.
- There’s also a form on the site you can fill out to learn about local lifestyle change programs near you that are proven to help you reverse prediabetes!
- These are nationally recognized Diabetes Prevention Programs, and they will provide you with group support and in-person or online meetings to help make the changes to eat healthier,

¹ Centers for Disease Control. <https://www.cdc.gov/diabetes/prevention/about-prediabetes.html>

² American Diabetes Association. <http://main.diabetes.org/dorg/PDFs/Advocacy/burden-of-diabetes/louisiana.pdf>



incorporate exercise into your daily routine, manage stress, and solve problems that get in the way of healthy changes.

- But you must take the test first to know where you stand.

Have you taken the test?

- I did take the test, and it turns out:
 - I'm not currently at risk of developing prediabetes, so I'm going to watch my diet and exercise regularly to maintain my good result.
 - I have prediabetes, and I'm going to connect to a Diabetes Prevention Program in my community to learn about how to make small, healthy changes that can keep me from developing type 2 diabetes.

Why are you involved in the campaign?

- I'm involved because I care about the health of my community members. Knowing that African Americans are more at risk for developing type 2 diabetes means we really need to get the word out about this and get everyone to take the risk test.
- This is not just a health issue; it's a quality of life issue. Living with diabetes can negatively affect how you live and how you are able to take care of yourself and your family. Now's The Time to find out for your health, your goals and your family if you have prediabetes.
- Take the test at nowsthetimela.com. And help us spread the word in our community, so we can all work together to stop "the sugar."