

North Shore Chronic Disease Services

Diabetes Education Centre – Group Education Program

Managing Your Prediabetes

Take charge of your health and help prevent or delay diabetes by attending our in-depth, 2 hour prediabetes group education session. This class is held once a month, and we alternate between in person and virtual via Zoom delivery format, as well as morning and afternoon class availability.

Topics that are going to be covered during the class include:

- What is Prediabetes?
- What are the targets for blood sugars?
- How is it managed or reversed?
 - Physical activity
 - Nutrition:
 - How food affects blood glucose
 - Sources of carbohydrates
 - Healthy Plate
 - Handy portion guide
 - Fibre
 - Glycemic index
 - Dietary patterns
 - Label reading
 - Supplements
 - Best weight
 - Others (Limit alcohol, avoid commercial tobacco, manage stress, medication if needed)
- Association of prediabetes with cardiovascular disease
- Action plan and SMART goals
- Resources

To further support your journey, we also encourage clients to attend the one-hour Healthy Eating and Exercise group session offered once per month by our Nutrition Counselling program.

For group participants that require additional support, the dietitian can advise you how to book a follow-up 1:1 appointment once you've attended the class.