



# What you should know about blood sugar



## Did you know?

Your blood sugar or glucose level is the amount of sugar in your blood. It is your body's main source of energy. But too much sugar in your blood is bad for your health. High blood sugar can cause diabetes, and damage to your eyes, kidneys, nerves and blood vessels. Read on to learn more about testing and managing your blood sugar.

## Get your blood sugar tested

The National Institutes of Health recommends that anyone who is overweight, has a family history of diabetes, is age 45 or older, or is pregnant should talk to their doctor about getting a blood sugar test. A simple blood test is used to check your blood sugar.

## Understand your blood sugar numbers

Your blood sugar levels can tell your doctor if you have pre-diabetes or diabetes. A Fasting Plasma Glucose Test (FPG) and an Oral Glucose Tolerance Test (OGTT) are the two most common ways to test your blood sugar. The table below shows what the two different types of test results mean.

FPG Results (mg/dL)	OGTT Results (mg/dL)	What it means
99 and below	139 and below	Your blood sugar is normal
100-125	140-199	You are at risk for diabetes
126 and above	200 and above	You may have diabetes

## Things you should do

- **Exercise** – Regular physical activity can lessen your chance of developing diabetes. Try to get 30 minutes of physical activity most days of the week. Gardening, riding a bike and walking at a brisk pace all count toward your 30 minutes.
- **Make smart food and drink choices** – Watch your portion sizes and focus on eating vegetables, fruits, whole grains, fish, lean meats and non-fat dairy. Avoid high calorie foods and sweetened drinks which can raise your blood sugar levels.
- **Talk to your doctor about your risk for diabetes** – Your doctor can look at your family and personal health history to assess your risk of diabetes. You can also work with your doctor to decide if you need to make lifestyle changes to prevent diabetes.

## Call a health coach today toll-free at 1-888-275-1205

Available by phone 24/7, a HealthQuest health coach can help you understand what your blood sugar numbers mean to your health. A health coach can help you create a plan to work with your doctor to manage your blood sugar. There is no cost to use this service and you can call as often as you like. For more healthy living tips, visit [www.khpa.ks.gov/healthquest](http://www.khpa.ks.gov/healthquest).