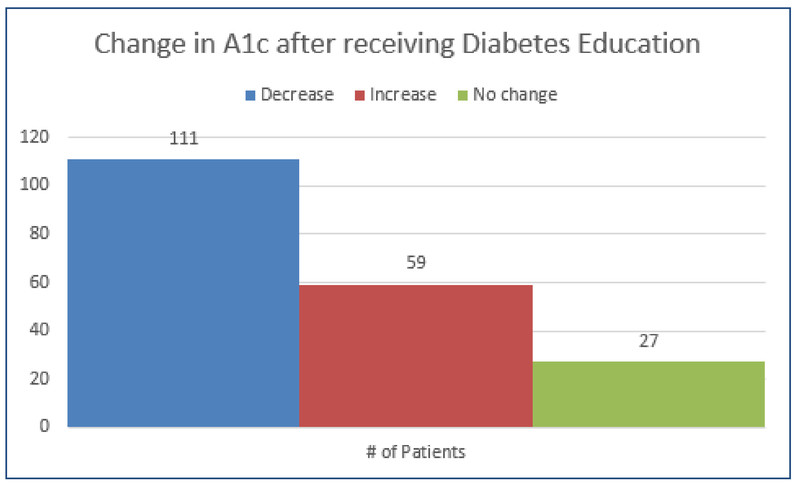
A1c Reduction through Lifestyle Changes

Manny, Keja, AHC

An independent licensee of the Blue Cross Blue Shield Association.

Summary of the Project:

This project aims to help lower A1C levels by encouraging healthy lifestyle changes. The A1C test shows average blood sugar over three months, so sticking to good habits is key. Things like regular exercise, eating balanced meals, managing weight, and reducing stress have been shown to naturally lower A1C levels (American Diabetes Association, 2024). These changes not only help with blood sugar but also improve heart health, mood, and energy. By focusing on daily routines that are easy to maintain, people can better manage their diabetes and improve their overall health.



Success Story

A remarkable success story involved a patient who initially did not believe in using medication. Her A1C was 11.7%. I explained the importance of starting her prescribed medications, which included Lantus and Metformin. However, the patient firmly stated that she would not take any medication and instead asked me to guide her on what lifestyle changes she should make.
I recommended that she focus on three key lifestyle modifications:
Drink at least six bottles of water daily.
Engage in 30 minutes of exercise each day.
Eliminate fast food, soft drinks, and simple carbohydrates from her diet.
I followed up with her monthly to review her glucose logs and monitor her progress. Over time, her daily glucose readings consistently decreased, eventually stabilizing below 200 mg/dL and often under 150 mg/dL.
At her three-month follow-up, her A1C had dropped to 5.8%. I was both amazed and proud of her achievement. The patient attributed her success to the Lord's guidance and the support she received through our sessions. She expressed that through faith and consistent lifestyle changes, she was able to take control of her diabetes and work toward maintaining a healthy A1C.

Lifestyle Changes:

Tracking your lifestyle changes helps you see progress and figure out what to work on. Keeping your A1C in a healthy range is one of the best ways to protect your body. It supports your heart, kidneys, eyes, and nerves, and helps you feel better day to day with more energy and fewer ups and downs. Over time, steady blood sugar can lower your risk of serious problems like heart disease, stroke, and nerve damage. Even if you don't have diabetes, keeping an eye on your A1C can help you catch early warning signs and make changes before things get worse.

Emmanuel Chacon, Community Health Worker
echacon@affinityhealthcenter.org
803-909-9721

Keja Mackey, Clinical Support Supervisor
kmackey@affinityhealthcenter.org
803-909-9724
affinityhealthcenter.org

References

American Diabetes Association. (2024). *Standards of Care in Diabetes—2024. Diabetes Care, 47*(Supplement 1), S1–S178. https://doi.org/10.2337/dc24-S001

Centers for Disease Control and Prevention. (2023). *Managing Blood Sugar: Tips for Lowering A1C.* https://www.cdc.gov/diabetes/managing/managing-blood-sugar.html

https://diabetes.org/food-nutrition/meal-planning

ACKNOWLEDGEMENTS

Funded by the BlueCross BlueShield of South Carolina Foundation to support the goals of Diabetes Free SC.