

# REPORTER



OFFICIAL PUBLICATION OF USW LOCAL 2-232

VOLUME 26, NO.6

NOVEMBER 2005

President's Report by Scott Godshaw

## Briggs Unit ratifies contract

Members at Briggs voted 503 to 221 to accept the successor contract proposal from Briggs & Stratton Corporation on October 6, 2005. The negotiation process had begun on September 14, 2005. This contract, unanimously recommended by the Briggs Bargaining Committee, will be in effect through July 31, 2010.

We were able to maintain the 10 years of fully paid premiums for healthcare by the company for members with 1979 or greater seniority. Those with less than 1979 seniority will still receive 5 years of healthcare but will have to pay the same portion that the active members in the shop will be paying.

In regards to healthcare, in 2007, the company will pay 60% of the new EPO plan, 70% of the PPO plan and 90% of the High Deductible plan. This certainly is an improvement in this area. Under the current contract, Briggs only contributes an additional 8% to their contribution. This is why the rates, when they are increased, create such a burden on the membership. We end up picking up a major portion of the increase.

There also is new language that states if you retire after August 1, 2006, the company can change your retiree healthcare benefits (but not your premium) depending upon what is offered the active members. What this alludes to is if you retire before 8-1-2006, you will maintain all the same healthcare benefits for the 10 years or age 65 which ever comes first that you had at your retirement.

As far as wages, there will be a 2% increase on August 1, 2006 and another 2% on August 1, 2008.

The \$21,000 pension payment will be increased to \$25,000 for those that are eligible and retire on or after August 1, 2006.

The life and accidental death insurance benefit will increase to \$28,000 on January 1, 2008 and increase to \$29,000 on January 1, 2009.

The weekly disability rate will increase to \$340 on August 1, 2006; \$345 on August 1, 2007; \$350 on August 1, 2008 and \$355 on August 1, 2009.

### DIE CAST

Meetings were held for all shifts for Die Cast on Monday October 17, 2005 to give an update on the elimination of Die Cast. I did receive a WARN notice for Die Cast for 18 members-6 set up men and 12 tenders for December 12, 2005. However, with some people transferring and others retiring, according to Mark Matusik, the new manager of Die Cast, there should not be a layoff in Die Cast at that time.

### STRATTEC

At Strattec, two lost wage grievances regarding overtime, that were voted to arbitrate, were settled recently. At this time, we do not have any grievances slated for arbitration. On October 25th, the Bargaining Committee proofread the final contract. We are getting closer to the correct version of the final contract.

## December Membership Meeting

Sunday  
December 4, 2005  
9:30 a.m.

Frank Monreal's El Matador  
9155 W. Bluemound Rd.

### IMPORTANT BUSINESS

- Reports of Officers, Grievance Representatives and Committees
- Discussion and action on any other proper business for this meeting.

## Notice:

**Nominations will be taken at the membership meeting on Sunday January 15, 2006 at Frank Monreal's El Matador 9155 W. Bluemound Rd. 9:30 a.m. for the following positions: President, Vice President, Financial Secretary/Treasurer, Recording Secretary, Briggs Trustee, Strattec Trustee, Sergeant-at-Arms, Guide and the 2 (two) Strattec Bargaining Committee members**

# Labor Day 2005

Photographs courtesy of Don Murphy and Ralph Schwieger



## Membership Meeting Recap

by Tom Bishanell

The membership meeting was held on September 18, 2005 at Frank Monreal's El Matador at 9:30 a.m. President Scott Godshaw presided over the meeting. Betty Burmester gave the Trustee Report for July and August. Ross Winklbauer gave the Treasurer report for the combined months of June and July. Ross reported that there were 937 dues paying members at Briggs in June and 284 members at Strattec. He also stated there were 921 members at Briggs in July and 269 at Strattec.

### Communications

The Executive Board recommended the following motions that passed:

- Send \$150.00 to the Steelworkers Charitable and Educational Organization for our members affected by Hurricane Katrina.
- Send \$100 to the Milwaukee County Labor Council's Field Mobilization and Community Services staff to contribute to those impacted by Katrina.
- Send \$100 to the Hunger Task Force to help replenish their food reserves.
- Send \$100 to the United Way of Greater Milwaukee County.
- Send \$100 to the United Way of Waukesha County.

### Reports of Officers

President Godshaw reported that at Briggs the Company and Union had entered into discussions on a possible successor to our present contract. He informed us that the janitors got a W.A.R.N. notice and a letter was sent to Dave Debaets in an effort to save their jobs.

The Health Risk Assessment was completed at Briggs and 355 members had participated. Scott said the participants would receive their money in January.

At Strattec, Scott said the final contract agreement was still being proofread. The Health Risk Assessment was taking place in October. He closed by stating we are getting new members. Briggs was in the process of hiring 10 and Strattec 3. We still have workers on layoff with restrictions.

Vice President Fred Schmidt reported that Rapid Response had contacted him to have a bucket drop for Hurricane Katrina relief. He thanked the members in the work transition department who went to the gates and collected \$325.00.

Karl Schneider reported that at Strattec there was the possibility of new work coming in through a partnership with ADEC. Strattec recently got work back from Chrysler. He closed by saying management was looking at used die cast machines with additional capacity which would increase jobs and that they had hired 2

## Healthy Corner

Here are some important numbers for Briggs employees regarding your health:

**Health-Link** - Access to immediate, confidential, healthcare expertise.

**1 - 888-228-7672**

**Patient Care** - Helping you through the healthcare maze.

**1-877-344-7474**

[www.patientcare4u.com](http://www.patientcare4u.com)

Here is an important number for Strattec employees regarding your health:

**United Health Care** -  
Health care problems or questions, call toll-free

**1-866-827-9025**

[www.myuhc.com](http://www.myuhc.com)

## Membership Information

**October 2005**

1242 Members in Good Standing

959 in Briggs & Stratton Unit

283 in Strattec Unit

**October Dues Payments**

874 Dues Paying Members at Briggs

263 Dues Paying members at Strattec

1137 Total Dues Paying Members

(Difference reflects members off work for lay-off, illness or other reasons)

buggy men off the street.

Ernie Dex reported to members on the early discussions with Briggs on a possible successor contract. He answered questions and stated talks with the company would extend into the following week.

The next membership meeting will be held on Sunday, December 4, 2005 at Frank Monreal's El Matador, 9155 W. Bluemound Road at 9:30 a.m.



# IN MEMORIAM

**Conrad H. Dazer**

Died 2/16/05  
Retired 7/1/97

**Arvin E. North**

Died 2/18/05  
Retired 6/13/90

**Esther Linden**

Died 2/22/05  
Retired 3/31/80

**Annette Kronschnabl**

Died 2/23/05  
Retired 4/30/78

**Marion E. Ward**

Died 2/24/05  
Retired 10/31/73

**Harriet Streppert**

Died 2/27/05  
Retired 1/31/74

**Lola Sattler**

Died 3/13/05  
Retired 11/1/95

**Nancy St. George**

Died 3/14/05  
Retired 1/5/94

**Marvin C. Schultz**

Died 3/20/05  
Retired 7/1/91

**Bridget Winkler**

Died 3/26/05  
Retired 6/30/69

**Lester F. Pfeffer, Jr.**

Died 3/27/05  
ACTIVE

**Matilda Flaig**

Died 3/28/05  
Retired 8/1/83

**Rita DuBois**

Died 3/31/05  
Retired 7/1/91

**Clemens E. Kehring**

Died 4/14/05  
Retired 10/1/97

**Robert Zelechowski**

Died 5/5/05  
Retired 7/1/97

**Sheila Rubin**

Died 5/6/05  
Retired 7/1/94

**Irene M. Waschk**

Died 5/6/05  
Retired 1/8/69

**Laverne C. Zache**

Died 5/7/05  
Retired 1/1/84

**John Cirko**

Died 5/11/05  
Retired 8/1/90

**Karl Reinelt**

Died 5/12/05  
Retired 1/1/94

**Marcelle Symbicek**

Died 5/14/05  
Retired 9/1/81

**Harry W. Otto**

Died 5/18/05  
Retired 8/31/79

**Willis Steinbrink**

Died 5/19/05  
Retired 7/1/86

**Gordon Brevik**

Died 5/20/05  
Retired 7/1/96

**Magdalena Lehmann**

Died 5/23/05  
Retired 1/1/97

**Alfrid J. Johnson**

Died 5/28/05  
Retired 8/31/77

**John Bohn**

Died 5/31/05  
Retired 7/1/76

**Ursula A. Wissmann**

Died 6/4/05  
Retired 1/1/86

**Robert S. Osmanski**

Died 6/19/05  
Retired 4/27/96

**Jose Galarza**

Died 6/23/05  
Retired 11/1/95

**Thomas J. Sauter**

Died 6/26/05  
Retired 3/1/92

**Dwayne R. Juno**

Died 6/27/05  
Retired 7/1/94

**Sharon Glainyk**

Died 6/27/05  
Retired 9/1/99

**Glenn Johnson**

Died 6/30/05  
Retired 12/23/80

**Henry L. Kauck**

Died 7/1/05  
Retired 10/1/80

**Elaine J. Beebe**

Died 7/2/05  
Retired 3/1/95

**Steven Jewell**

Died 7/3/05  
Retired 6/1/05

**Harlow Hanson**

Died 7/3/05  
Retired 7/1/91

**Janet Zellmer**

Died 7/18/05  
Retired 7/1/86

**Kunigunda A. Koller**

Died 7/19/05  
Retired 1/1/01

**Robert J Heun**

Died 7/24/05  
Retired 6/1/86

**Bob B. Russell**

Died 8/3/05  
Retired 6/1/87

**Kurt Malsch**

Died 8/3/05  
Retired 7/1/86

**Bernice Raab**

Died 8/4/05  
Retired 1/1/89

**Gary L. Kuehl**

Died 8/7/05  
Retired 7/1/95

**Janice Liggins**

Died 8/7/05  
Retired 9/1/92

**Pat D. Carl**

Died 8/8/05  
Retired 7/1/83

**Theresa Kruzewski**

Died 8/9/05  
Retired 2/1/85

**Kenneth A. Kassel**

Died 8/11/05  
Retired 5/1/99

**Raymond S. Stall**

Died 8/15/05  
Retired 12/1/96

**Anton F. Fradl**

Died 8/18/05  
Retired 12/1/89

**Jean M. Woodside**

Died 8/19/05  
Retired 12/1/94

**Merlin A. Burmeister**

Died 8/29/05  
Retired 1/1/86

**Theresa Marie Gonzalez**

Died 8/29/05  
Retired 9/1/00

**Joanne Lindner**

Died 8/29/05  
Retired 7/1/91

**Ella Bowdry**

Died 8/31/05  
Retired 1/1/98

**Hans Ziolkowski**

Died 9/3/05  
Retired 5/1/87

**William Blinten**

Died 9/6/05  
Retired 5/31/76

**Elaine Santiago**

Died 9/6/05  
Retired 1/1/89

**Mary Ann Petermann-**

**Lepine** Died 9/11/05  
Retired 7/1/88

**Bessie Koremenos**

Died 9/15/05  
Retired 8/1/85

**Charles E. Mavin**

Died 10/5/05  
Retired 6/1/86

**Dave Brooks**

Died 10/10/05  
Retired 1/1/90

**Mary Meeks**

Died 10/15/05  
Retired 7/23/98

**Karen A. Klug**

Died 10/16/05  
Retired 7/1/03

**Beatice Palmquist**

Died 10/17/05  
Retired 1/1/87

**Mary E. Fargo**

Died 10/18/05  
Retired 1/1/86

**Marion Day**

Died 10/18/05  
Retired 1/1/90

**Dolores R. Boerst**

Died 10/27/05  
Retired 11/1/89

**Andrew Geiersbach**

Died 10/30/05  
Retired 7/1/03

**Archie Shaw**

Died 11/3/05  
Retired 3/1/02

**Roy Setzer**

Died 11/4/05  
Retired 7/1/95

# Grievance Rep Reports

## Briggs & Stratton Second Shift

by Jesse Edwards

### Die Cast

Die Cast held their departmental meeting on October 17, 2005. A 60 day W.A.R.N. notice was issued the week of October 10, 2005 affecting a total of 18 members - 6 setup and 12 machine tenders. However, at this time according to the facilitator, no one will be laid-off because the new company Legget and Platt are behind schedule and also because of retirement and transfers. Whenever the Die Cast move is completed, they plan to run 18 or 19 machines at Legget and Platt. This plant is located in Auburn. They plan to start production December 6, 2005. The company also stated they plan to have 99% of the work out of Die Cast by the July 2006 shutdown. The model 12 covers and flywheels are scheduled to go to Rolla during the April, May, June time frame. The model 20's are scheduled to be eliminated by the first of the year but management does not see it happening that soon. The model 9 rods and caps are scheduled to go to Legget and Platt sometime around June 2006. They plan to cast 20,000 to 30,000 micro cylinders per year. At this time they are not sure who will cast these parts. Starting in mid January they plan to move two machines per month and this will affect 9 members. There will also be some shift balancing and all 3 shifts will run until the department is eliminated.

### Coils

The twist wire job in 793 was scheduled to be eliminated. However, at this time the new twist wire automated machine has been put on hold until future management review. The solder dial operations in department 792 in the V-6 business unit will be receiving secondary coil components from Phelon Corporation to replace the fine winding and cut saw operations. The long term plan is to have Phelon replace the secondary component entirely some time in January of 2006. The Banner line currently runs 3 shifts but will be cutting back to 2 nine hour shifts starting after the Thanksgiving holiday. However, the Orbital line will start running 3 shifts at this time. The manager also stated the production schedule looked strong and they expect to have a positive year.

### Bereavement

If you have bereavement during the holidays you have to take your bereavement leave immediately following the holiday period. If you come to work

## Briggs & Stratton First & Third Shift

by Mike Merrill & Greg Weber

### Menomonee Falls Update

In the Service Division, there were 3 more additions in employees in the DC3 area, so we would like to welcome them. There are 4 more DC3's in process and they are still looking for 4 more Material Handlers as of now. So if anyone is interested in the openings, you'll need to put your transfer in.

The move to the new Falls facility will be in 6 phases. There will be some new racking installed in late December, and then in January of 2006, they will start to fill the racks and continually move the empty racking over to the new plant to be filled. The warehouse move is somewhat scheduled to be completed by May 19, 2006 as of now. The packaging area is scheduled for completion sometime in June. There will be a lot of work between the 2 plants during these months.

Training on the new equipment will begin in January.

Have a Safe and Happy Holiday Season.

In Solidarity,  
Mike Merrill and Greg Weber

## Seasons Greetings



*from USW Local 2-232*

and you badge in, you will no longer be eligible for your bereavement leave. So don't report for work, but call in your bereavement immediately after the holidays.

Congratulations to all of the retirees, good luck and I wish you well.

Happy Holidays to all.

In Solidarity  
Jesse Edwards

# UPCOMING EVENTS



November 11- Veteran's Day



November 24- Thanksgiving  
December 4- Membership Meeting



December 25- Christmas Day  
January 1, 2006 - New Year's Day  
January 15, 2006 - Membership Meeting

## LOCAL 2-232 REPORTER

November 2005  
Volume 26, Issue #6

LOCAL 2-232 UNITED STEEL, PAPER AND FORESTRY, RUBBER, MANUFACTURING, ENERGY, ALLIED INDUSTRIAL AND SERVICE WORKERS INTERNATIONAL UNION

Representing employees of Briggs & Stratton Corp. and Strattec Security Corp.

Office 8500 W. Capitol Dr.

Phone 414-463-7425 Fax 414-463-7638

e-mail -office@pace7232.org Website- www.pace7232.org

Hours 7:00a.m.- 4:00p.m. Monday through Friday

The information contained herein is of informal nature and is not intended to be final and authoritative.

Editors: Scott Godshaw, Ross Winklbauer, Al Olivares  
Officers: President: Scott Godshaw Vice President: Fred Schmidt, Secretary-Treasurer: Ross Winklbauer Sr. Recording Secretary: Tom Bishanell, Trustees: Ralph Schwiager, Vicky Black, Betty Burmester Guide: Debbie Curro, Sergeant at Arms: Dennis Clark.  
Briggs Bargaining Committee: Scott Godshaw, Mike Merrill, Greg Weber, Jesse Edwards, Tom Bishanell  
Strattec Bargaining Committee: Scott Godshaw, Karl Schneider, Dennis Nowak, Al Olivares

## Union Dues Paid for 2005

Briggs \$37.63 X 8 months = \$301.04  
\$40.69 X 4 months = \$162.76  
Total = \$463.80

Strattec \$37.44 X 8 months = \$299.52  
\$39.42 X 4 months = \$157.68  
Total = \$457.20

## Local 2-232 Legal Clinic

Do you have legal questions or problems facing you or your family? Have you suffered a major personal injury? If you have, or if you have any other legal problem, Local 2-232 is providing free legal consultations with lawyers from the law firm of Previant, Goldberg, Uelmen, Gratz, Miller & Brueggeman at the Local 2-232 Union Office.

The legal clinic will not provide free representation, but will advise you on your best course of action and make the appropriate referrals to help resolve your legal problems.

The Previant Law Firm has many excellent attorneys, experienced in most kinds of legal problems.

Members of Local 2-232 may also contact the law firm of Previant, Goldberg, Uelmen, Gratz, Miller & Brueggeman, S.C. for a free consultation regarding all personal injury matters. Please feel free to call the number of the office nearest you. Milwaukee 414/271-4500, Waukesha 262/549-6300. Identify yourself as a member or retiree of Local 2-232.

**Legal Clinic Hours:**  
**1:00 P.M. to 4:00 P.M.**  
**First Monday of each month**  
**Call for an appointment: 463-7425**



## Briggs Retiree Club

It's time to write another article for the Reporter. With fall here and the leaves falling all over, we know the cold weather and snow are right around the corner. Means it's time to go back inside and enjoy our club events.

There is free bingo including prizes on the second Wednesday of the month. Doors open at 11 a.m. and bingo starts at 12 noon. Our monthly meeting will be held the third Wednesday of the month. Doors open at 11 a.m. meeting starts at 12 noon. Bring your birthday and anniversary treats to our monthly meetings. Door prizes will be given. Please bring \$5.00 by January 2006 for the entry of your name to be included for our monthly drawing of door prizes.

All our events are held at the Post 449 at 3245 N. 124th St. Cards are also played, sheepshead every Tuesday as 12 noon, at the VFW Post at noon. Free prizes awarded at each table.

You must be a paid up member to attend any of our events. Dues are \$24.00 a year, which must be paid by December, no later than at our Christmas party.

The Christmas Party will be at Alioto's on Mayfair Road south of Burleigh. Doors open at 11:00 a.m. and lunch will be at 12 noon.

You must have your membership card with you at all times when you attend any of our doings. It must be presented to our Board. Remember - pay your year's dues this year - no later than December 4th at our Xmas party.

Come join us at all our doings. Call Erma Gorecki, our Financial Secretary for more information about our dues. 262-781-8951.

Remember our sick and shut-in members - Marie Jeanne Secker, Erma Gorecki, Susan Tetting, Evelyn Wells, and Bernie Wick. Also remember to call or visit our members in nursing homes.

Hope to see you all at our club events.

Take care & God Bless

Frances C. Capello

Corresponding Secretary

262-251-7514

## ASK YOUR LAWYER

by Thomas Flanagan

Previant, Goldberg, Uelman, Gratz, Miller & Brueggeman, S.C.

### Why is Giving a Complete Work Injury History to Your Doctor Important?

Giving a complete work history to your doctor is probably the most critical part of a worker's compensation claim. Your worker's compensation claim is no stronger than your medical support. Your injury history as documented by your doctor is of vital importance if your employer has little or no history of the injury. It is your reporting to your doctor what happened to you and the doctor's timely treatment of you that gives you the needed credibility to pursue a worker's compensation claim.

Giving a poor injury history to your doctor may affect your credibility in a hearing before an administrative law judge (ALJ). Therefore, take whatever time is necessary on the first visit to your doctor to give a complete history of your work injury. Also restate your history each time you see a doctor so that the doctor's chart notes, which are generally in all cases admitted for the ALJ's review are complete. The ALJ will decide your case based on your credibility at the hearing, but also will make a determination as to whether your doctor's opinion makes sense based on what you told your doctor. The ALJ's decision is based primarily on what is in your medical chart notes.

Do not be hesitant to report earlier injuries to the same part of your body. For example, in a back injury, if you have had earlier back problems, draw distinctions between the earlier problems and your current symptoms. If you have healed, and there have been no symptoms from your earlier back problems, tell the doctor how often and under what circumstances the earlier injury bothered you, and how the current injury differs, for example, in location and amount and constancy of pain.

If you have a repetitive injury, make sure the doctor understands the nature of your work. Describe your workplace and job. Your doctor probably does not have any knowledge of the demands of your job. Demonstrate your job to the doctor, and give him or her ranges of weights and the number of repetitions you would do in a shift. If you have to make a certain movement lifting 20 pounds 300 times in a shift, tell the doctor. Only then will the doctor understand and appreciate how and why the work you have been doing over the years has finally physically affected you.

If you have questions please feel free to call the Previant, Goldberg, Uellmen, Gratz, Miller & Brueggeman law firm at 414-271-4500 or toll free at 1-800-841-5232.

**Join the Briggs Retiree Club  
today call Erma Gorecki  
262-781-8951 for information**

## Wellness Corner - "You can't live without it" Could You Have Pre-Diabetes?

by Elizabeth Smoots, MD

**Just as pre-cancer may be detected and removed before turning into cancer, early discovery of symptoms is the idea behind the new term "pre-diabetes."**

Blood glucose levels that are higher than normal but not high enough to be called diabetes are now classified as pre-diabetes. This name replaces older terminology such as impaired glucose tolerance and impaired fasting glucose—a change I applaud. I think the concept of pre-diabetes will make it easier for those at risk to thwart progression to frank diabetes.

Exciting evidence indicates that people with pre-diabetes can use simple, readily available means to return their blood glucose levels to the normal range. This can help prevent or delay complications that research has linked to both diabetes and the pre-diabetic state. Here, I've summarized the prominent features of pre-diabetes I think you need to know.

### How Serious a Problem?

Research shows that people with pre-diabetes are at risk for the same complications that are seen with diabetes. These include impaired vision or blindness, heart disease, stroke, kidney failure, nerve damage, and infections leading to leg amputations.

If you have pre-diabetes you may already be experiencing the adverse health effects of this serious condition. People with pre-diabetes have a 1.5-times increased risk of cardiovascular disease—including heart attack, stroke and arterial disease—compared to people with normal blood glucose. In contrast, people with diabetes have a 2 to 4 times increased risk of cardiovascular disease. Both diabetics and pre-diabetics are more likely to develop additional cardiac risk factors such as elevated cholesterol, high blood pressure, and obesity.

### An Epidemic of Diabetes

Lack of exercise and super-sized portions are fueling twin epidemics of obesity and diabetes in this country. In the past 10 years the incidence of obesity has increased 61 percent and new cases of diabetes have gone up 49 percent. The majority of Americans are now overweight and at risk for developing pre-diabetes and type 2 diabetes.

Both of these conditions make your body cells less sensitive to the effects of insulin, a hormone that regulates blood glucose levels. This allows blood sugar levels to rise over time and can result in long-term damage to your body.

### Detection of Pre-Diabetes

Millions of Americans are currently considered candidates for pre-diabetes and diabetes screening. Both

conditions can be diagnosed with a simple blood test. During a routine office visit, your doctor can order one of two tests:

- Fasting plasma glucose test - you will fast overnight and have your blood glucose measured in the morning before eating. Your results may be read as: Normal (below 100), Pre-diabetes (100-125), Diabetes (126 or above).

- Oral glucose tolerance test - you will fast overnight and have your blood glucose measured after the fast. Then you'll drink a sugary drink and have your blood glucose measured two hours later. Results two hours after the drink are usually read as: Normal (below 140), Pre-diabetes (140-199), Diabetes (200 or above).

### Who Should Get Screened?

Experts from the American Diabetes Association and the National Institutes of Health recently developed screening guidelines for pre-diabetes. They recommend glucose testing every three years for people aged 45 or older who are overweight (BMI above 24). If you're over age 45 but not overweight ask your doctor if testing is appropriate.

For those under age 45 and overweight, testing may be advisable if you have another risk factor for pre-diabetes. Risk factors include: High blood pressure, Low HDL (good) cholesterol level, High triglyceride level, Family history of diabetes, History of diabetes during pregnancy (gestational diabetes), Giving birth to a baby weighing more than nine pounds, Belonging to an ethnic group other than Caucasian

### Care of Pre-Diabetes

If your glucose test indicates pre-diabetes you should have it repeated for accuracy. People with a diagnosis of pre-diabetes also need retesting every one to two years. Without intervention, studies show that most people with pre-diabetes go on to develop type 2 diabetes within 10 years.

Fortunately, we know that people with pre-diabetes can delay or prevent the onset of diabetes with lifestyle changes. Experts recommend that people with pre-diabetes reduce their weight by 5-10% and engage in modest physical activity for 30 minutes most days of the week. A recent study in the New England Journal of Medicine followed a large group of pre-diabetics who made these changes. After an average follow-up of three years, they achieved nearly a 60% reduction in diabetes risk compared to only about a 30% reduction for those on medication.

I'd say it's a powerful reason for anyone at risk for diabetes to control weight and exercise regularly—with your doctor's okay of course.