

TAKE CHARGE *of your* HEALTH



4 in 10

American adults (ages 18+) are prediabetic.



8 in 10

prediabetic people are unaware they have it.



3 in 10

prediabetic people will develop diabetes within five years.

Spot the risk factors!

- High cholesterol
- High blood pressure
- An immediate family member with type 2 diabetes
- Overweight
- Age 45+
- Physically active fewer than 3 times weekly
- Given birth to a baby weighing 9+ pounds
- Had gestational diabetes while pregnant

What is prediabetes?

Prediabetes involves higher-than-average blood sugar levels putting you at increased risk for developing serious health problems such as type 2 diabetes, stroke and heart disease.



Prediabetes is preventable, treatable and even reversible!

If you have risk factors you do not have to develop diabetes.

Start NOW with 8 healthy choices:



- **Start your day with fiber!**
Whole grain cereal or oatmeal topped with fruit are great breakfast options.
- **Incorporate 30 minutes of moderate activity into your daily routine.**
Go for a brisk walk or bicycle ride. Spend 30 minutes doing house or yardwork.
- **Read labels at the grocery store!**
Avoid added sugar, sodium and fats.
- **Avoid harmful substances.**
Reduce or eliminate alcohol and tobacco use.
- **Snack on fiber.**
Start each week by pre-cutting fruits and veggies to keep handy in the fridge.
- **Skip fad diets.**
Choose sustainable, healthy choices and enjoy all things in moderation!
- **Add color to your plate every day!**
Fill half your plate with non-starchy vegetables, one quarter with lean proteins and the other quarter with a carbohydrate (brown rice or potato).
- **Bake with fiber.**
Substitute white flour with whole wheat, almond or oat flour.

There are lifestyle change programs proven to reduce your risk of diabetes. Scan the QR code to find one near you. →



Visit **NEHealthMatters.org**
to take the risk assessment and learn more.