

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.