

# 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 untreated prediabetic people** will develop diabetes within five years.

Anyone can develop **prediabetes**, or higher-than-average blood sugar levels that can lead to type 2 diabetes, stroke and heart disease.



Visit **NEHealthMatters.org** to take the risk assessment and learn how to **prevent, treat** and **reverse** prediabetes!



**“When we learn how to walk, we start with small steps.**

**So exercise with small goals. Increase from getting the mail to walking around the block, and just keep challenging yourself to do more.”**

**DENNIS AND JOAN**

