

NEHealthMatters.org

TAKE THE DIABETES RISK ASSESSMENT:

1. Start your day with fiber!
2. Incorporate 30 minutes of moderate activity into your daily routine.
3. Read labels at the grocery store!
4. Limit or reduce harmful substances.
5. Snack on fiber.
6. Skip fad diets.
7. Add color to your plate every day!
8. Bake with fiber.

Start NOW with 8 healthy choices:

- ✓ 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

Spot the risk factors!

Prediabetes is preventable, treatable and even reversible!

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.

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.

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



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