



**NEHealthMatters.org**  
**TAKE THE DIABETES RISK ASSESSMENT:**

Find out if you are at risk by taking a diabetes risk assessment. If you are at risk, consider taking a lifestyle change program. These programs are one of the most effective ways to prevent getting type 2 diabetes. It can help you lose weight, become more active, and prevent or delay type 2 diabetes.

- You ever had diabetes while pregnant (gestational diabetes)
- You are physically active fewer than 3 times per week
- Are over age 45
- Are overweight
- Have a parent, brother or sister with type 2 diabetes
- Have high blood pressure
- Have high cholesterol

## How can I know if I am at risk for Prediabetes?

**TAKE CHARGE**  
*of your* **HEALTH**



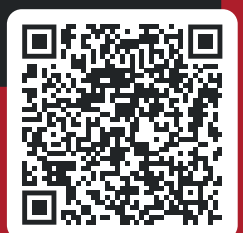
OVER 96 MILLION AMERICANS  
**38%**  
*of adults*  
 HAVE PREDIABETES

MORE THAN  
**8 out of 10**  
 OF THOSE WITH PREDIABETES DON'T KNOW THEY HAVE IT

WITH NO CHANGES, MANY PEOPLE COULD DEVELOP TYPE 2 DIABETES WITHIN  
**5 years**

## What is Prediabetes?

Having prediabetes means your blood glucose (sugar) levels are higher than normal—but not high enough to be diagnosed as diabetes. Having prediabetes means you are at increased risk for developing serious health problems such as type 2 diabetes, stroke and heart disease.



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