

# TAKE CHARGE *of your* HEALTH



## What is Prediabetes?

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

Prediabetes is common, in fact there are 96 million American adults who have prediabetes – that's 1 in 3 adults! Of those 96 million, more than 8 in 10 of them don't even know they have it. Without taking action, many people with prediabetes could develop type 2 diabetes within 5 years.

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

*You could have prediabetes if you:*

- Have high cholesterol
- Have high blood pressure
- Have a parent, brother or sister with type 2 diabetes
- Are overweight
- Are over age 45
- You are physically active fewer than 3 times per week
- You ever gave birth to a baby that weighed more than 9 pounds
- You ever had diabetes while pregnant (gestational diabetes)

Race and ethnicity also affect your risk. African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at particularly high risk for type 2 diabetes.

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.

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TAKE THE DIABETES RISK ASSESSMENT:

**NEHealthMatters.org**

