

PREDIABETES

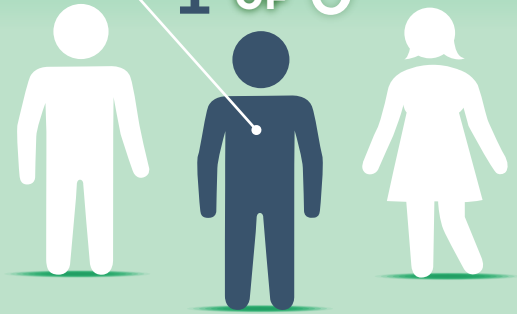
COULD IT
BE YOU?



86
MILLION

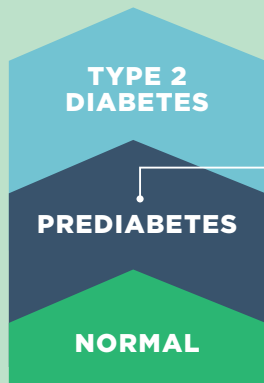
86 million American adults—more than 1 out of 3—have prediabetes

1 OUT OF 3



9 OUT OF 10

people with prediabetes do not know they have it



Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes

Prediabetes increases your risk of:



TYPE 2
DIABETES



HEART
DISEASE



STROKE



If you have prediabetes, losing weight by:



EATING
HEALTHY



BEING
MORE
ACTIVE

can cut your risk of getting type 2 diabetes in

HALF





Without weight loss
and moderate
physical activity

**15-30% of people with
prediabetes** will develop
type 2 diabetes within 5 years



People who have diabetes are at higher risk of serious health complications:



BLINDNESS



**KIDNEY
FAILURE**



**HEART
DISEASE**



STROKE



**LOSS OF TOES,
FEET, OR LEGS**

YOU CAN PREVENT TYPE 2 DIABETES

FIND OUT IF YOU HAVE PREDIABETES —

See your doctor to get your
blood sugar tested



JOIN A CDC- RECOGNIZED

diabetes
prevention
program



- ✓ eat healthy
- ✓ be more active
- ✓ lose weight



LEARN MORE FROM CDC AND TAKE THE **PREDIABETES RISK QUIZ** AT
<http://www.cdc.gov/diabetes/prevention>

REFERENCES

Centers for Disease Control and Prevention. National diabetes statistics report: estimates of diabetes and its burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

Knowler WC, Barrett-Conner E, Fowler SE, et al; Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med 2002;346:393-403. As cited in March 22, 2013, MMWR.

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CDC's Division of Diabetes Translation works toward a world free of the devastation of diabetes.