

PREDIABETES

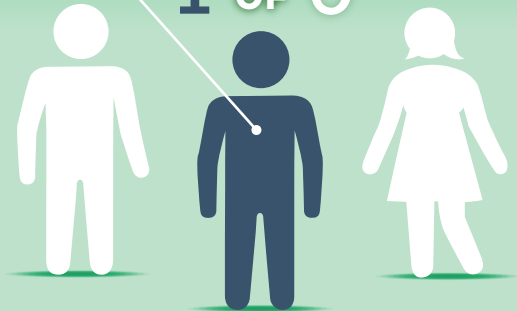
COULD IT
BE YOU?



86
MILLION

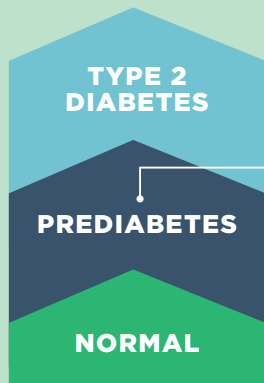
86 million American adults—more than 1 out of 3—have prediabetes

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.

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