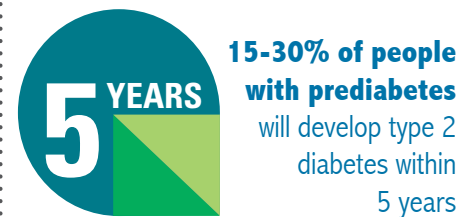
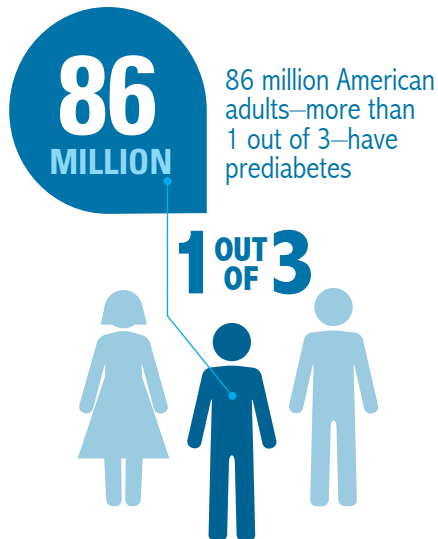
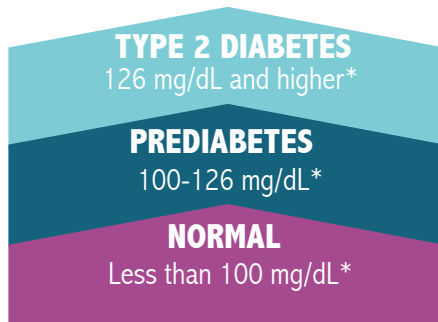


PREDIABETES: Are You at Risk?

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



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



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF TOES, FEET, OR LEGS



9 OUT OF 10

do not know they have prediabetes

RISK FACTORS FOR TYPE 2 DIABETES



Being Overweight



Family History



Having Diabetes while Pregnant



Physically Active Fewer than 3x a Week

WHAT CAN YOU DO?

You can **prevent** or **delay** type 2 diabetes



LOSE WEIGHT



EAT HEALTHY



BE MORE ACTIVE



Talk to your doctor or health care provider about getting screened.

Source: www.cdc.gov