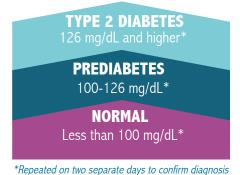
## PREDIABETES: Are You at Risk?



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



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

10UT 3



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



BLINDNESS



KIDNEY FAILURE



serious health complications:

HEART DISEASE



STROKE



LOSS OF TOES, FEET, OR LEGS

## 1414141414 9 OUT 10

do not know they have prediabetes

## RISK FACTORS FOR TYPE 2 DIABETES



Being Overweight





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