

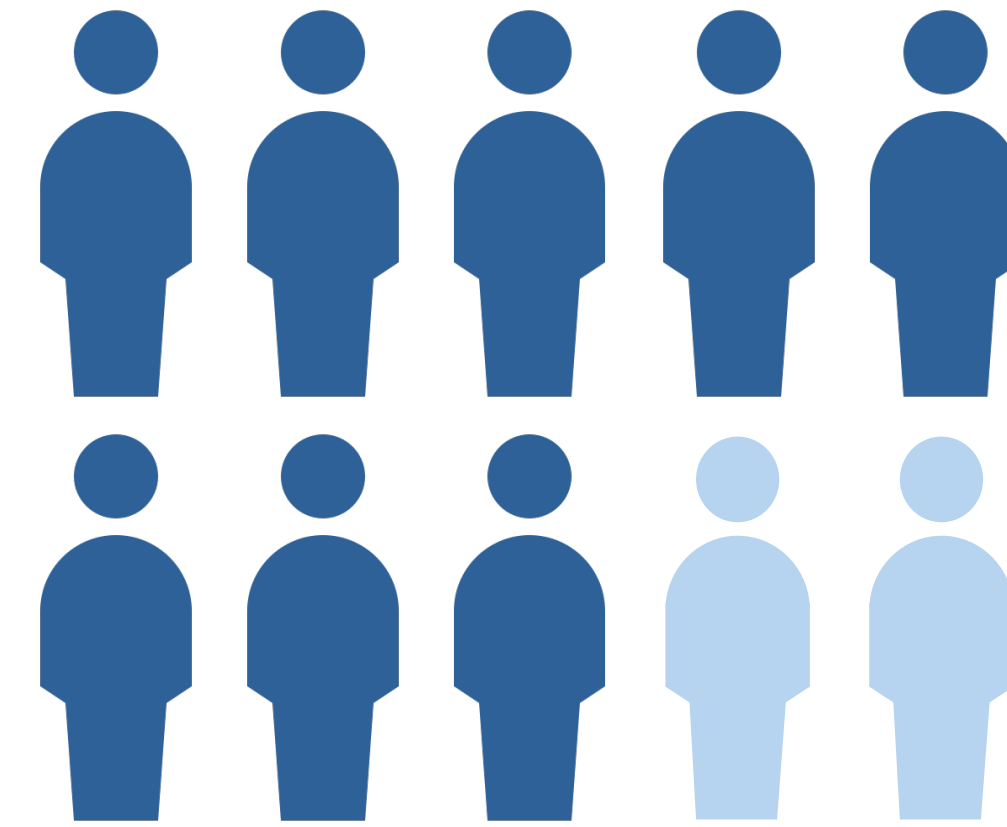
PREDIABETES

COULD IT BE YOU?



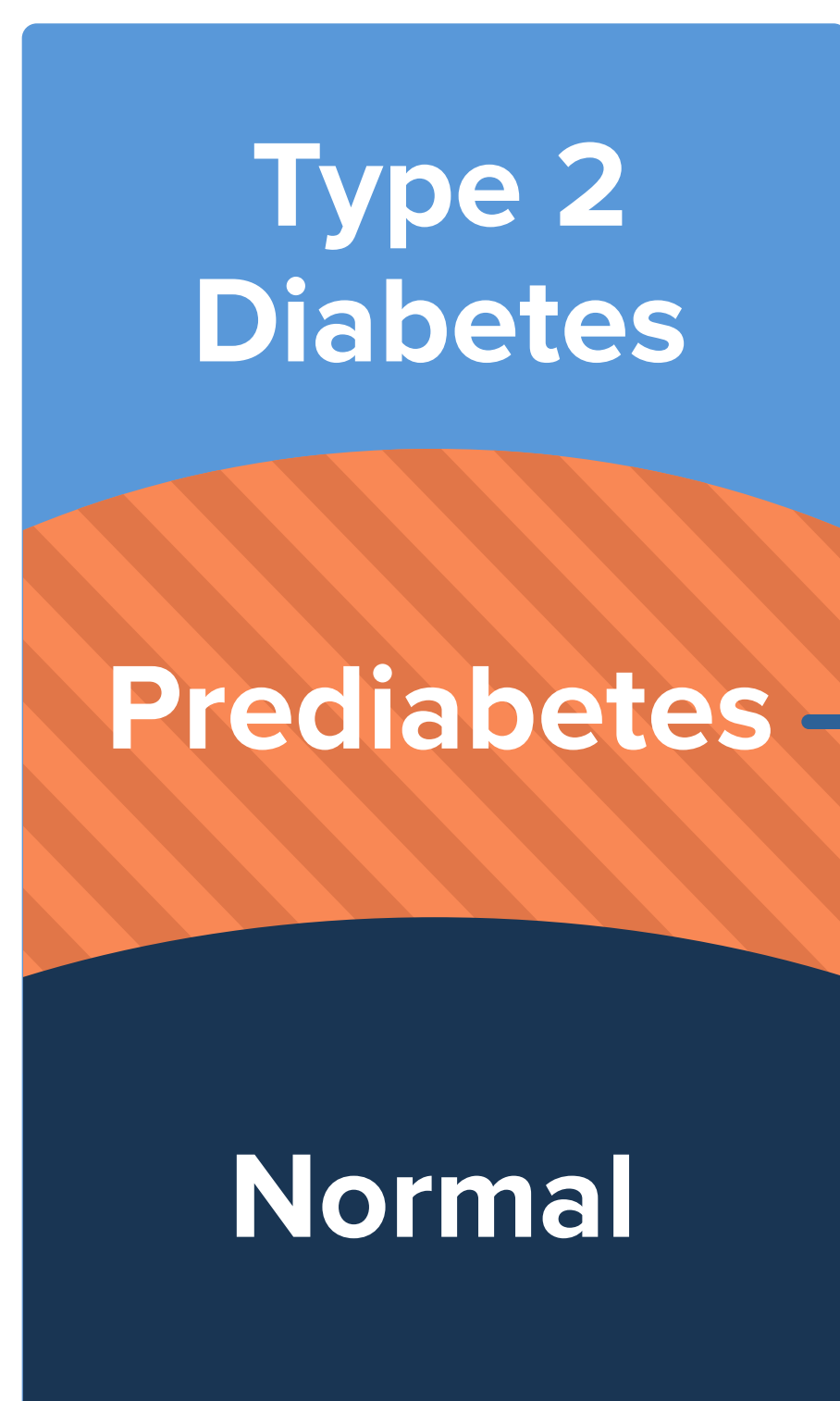
96
Million

96 million American adults—**more than 1 in 3**—have prediabetes



More than 8 in 10 adults with prediabetes **don't know they have it**

BLOOD SUGAR



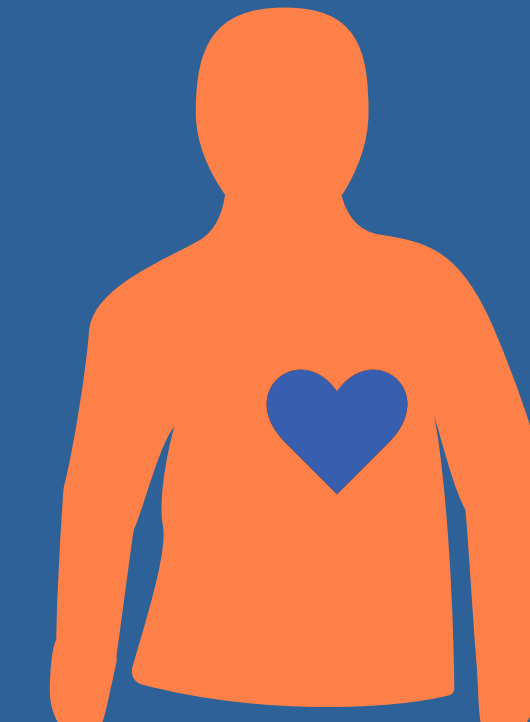
With prediabetes, your **blood sugar levels are higher than normal**, but not high enough yet to be diagnosed as type 2 diabetes

PREDIABETES RISKS

Prediabetes increases your risk of:



Type 2 Diabetes



Heart Disease



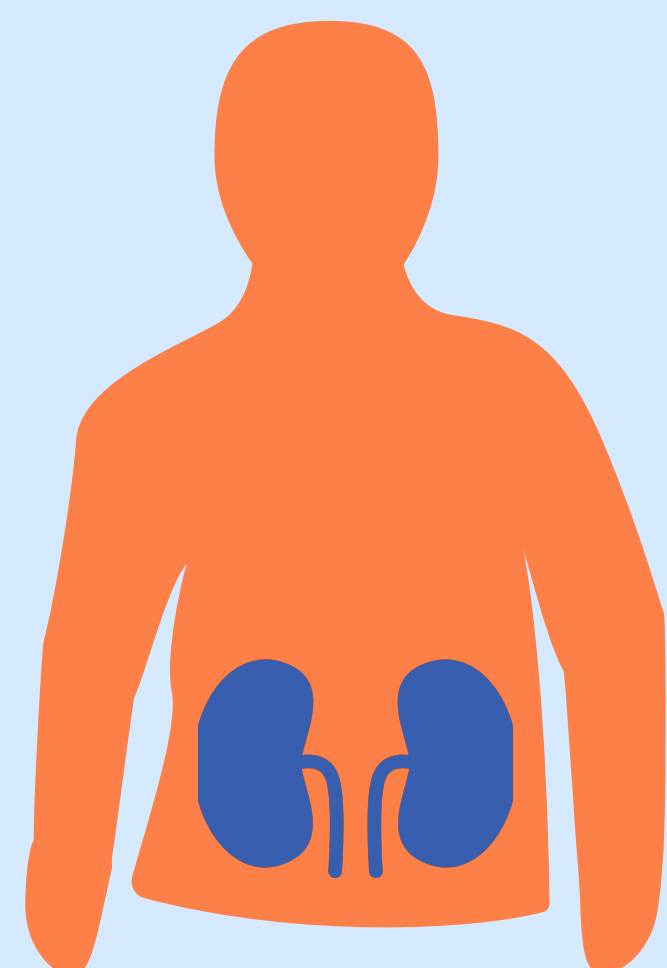
Stroke

TYPE 2 DIABETES HEALTH RISKS

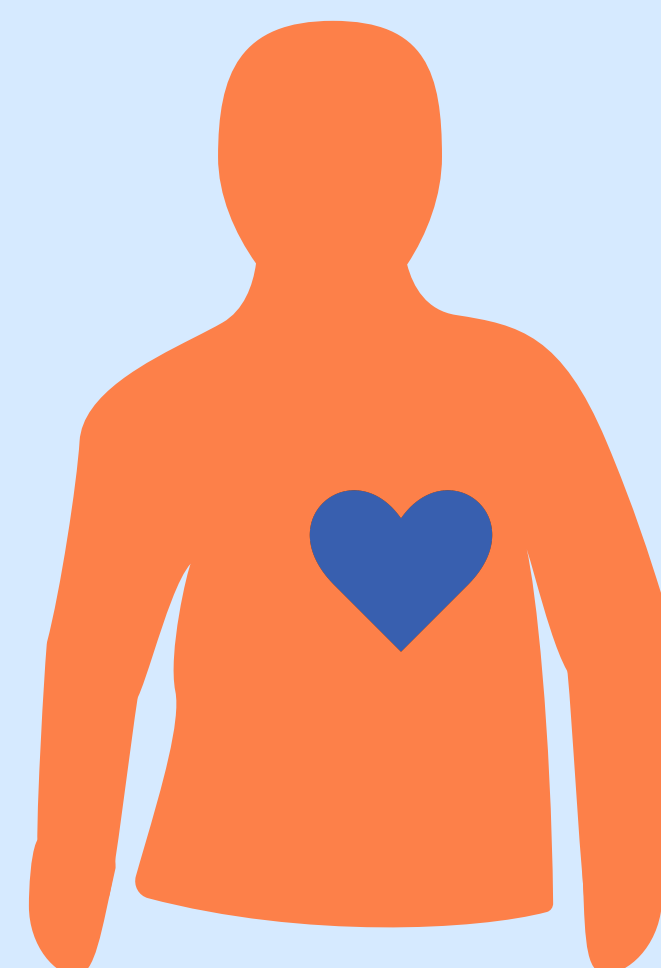
If you ignore prediabetes, your risk for type 2 diabetes goes up — **type 2 diabetes increases your risk for serious health complications:**



Blindness



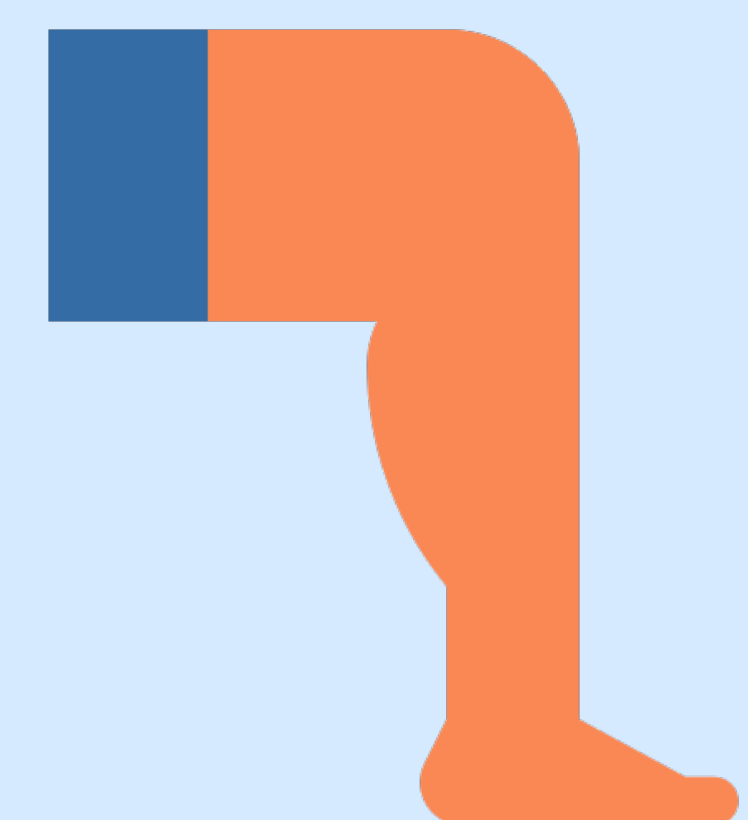
Kidney Failure



Heart Disease



Stroke



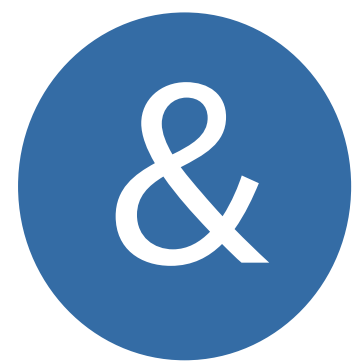
Loss of toes, feet, or legs

REDUCE YOUR RISK

If you have prediabetes, losing weight by:



Eating healthy



Being more active



Can cut your risk of getting type 2 diabetes

 **in half.**

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 Test** at www.cdc.gov/diabetes/basics/prediabetes.html