

PREDIABETES

COULD IT BE YOU?



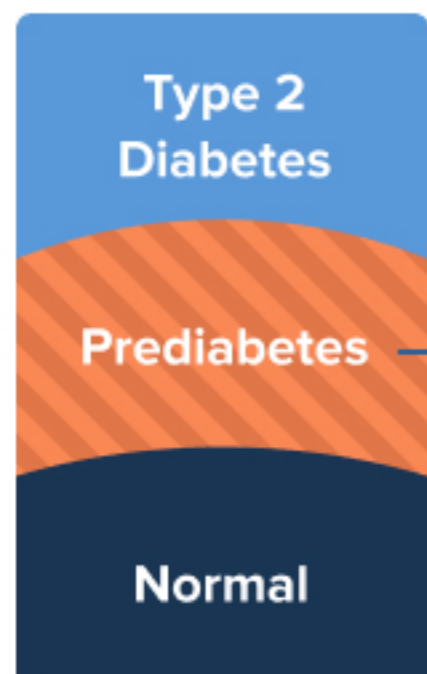
98
Million

About 98 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



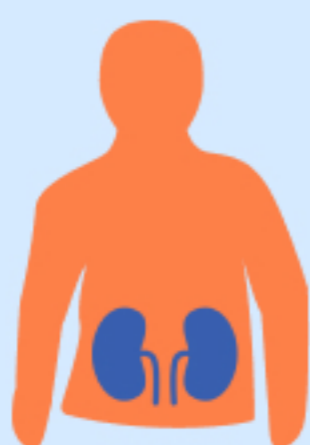
Stroke

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