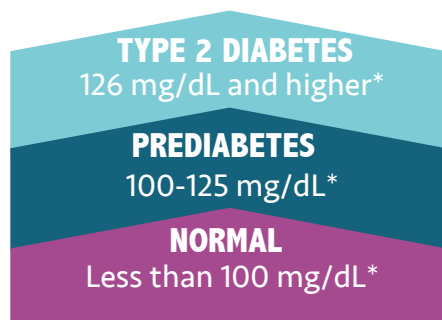


Prediabetes: Are you at risk?



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

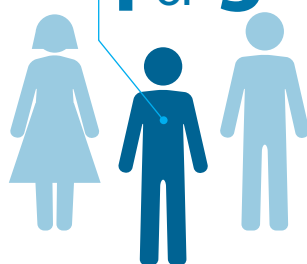


*Repeated on two separate days to confirm diagnosis

98
MILLION

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

1 OUT OF **3**



Without weight loss and moderate physical activity



5 YEARS

Many 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



8 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.