

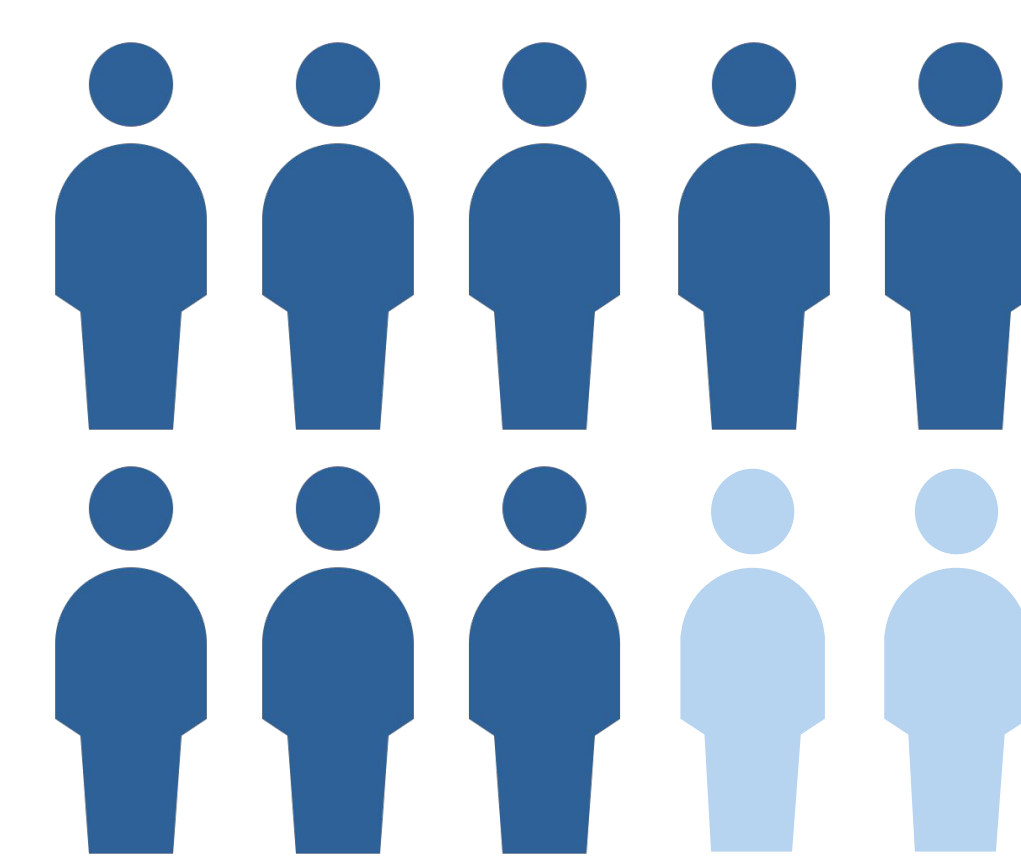
# PREDIABETES

COULD IT BE YOU?



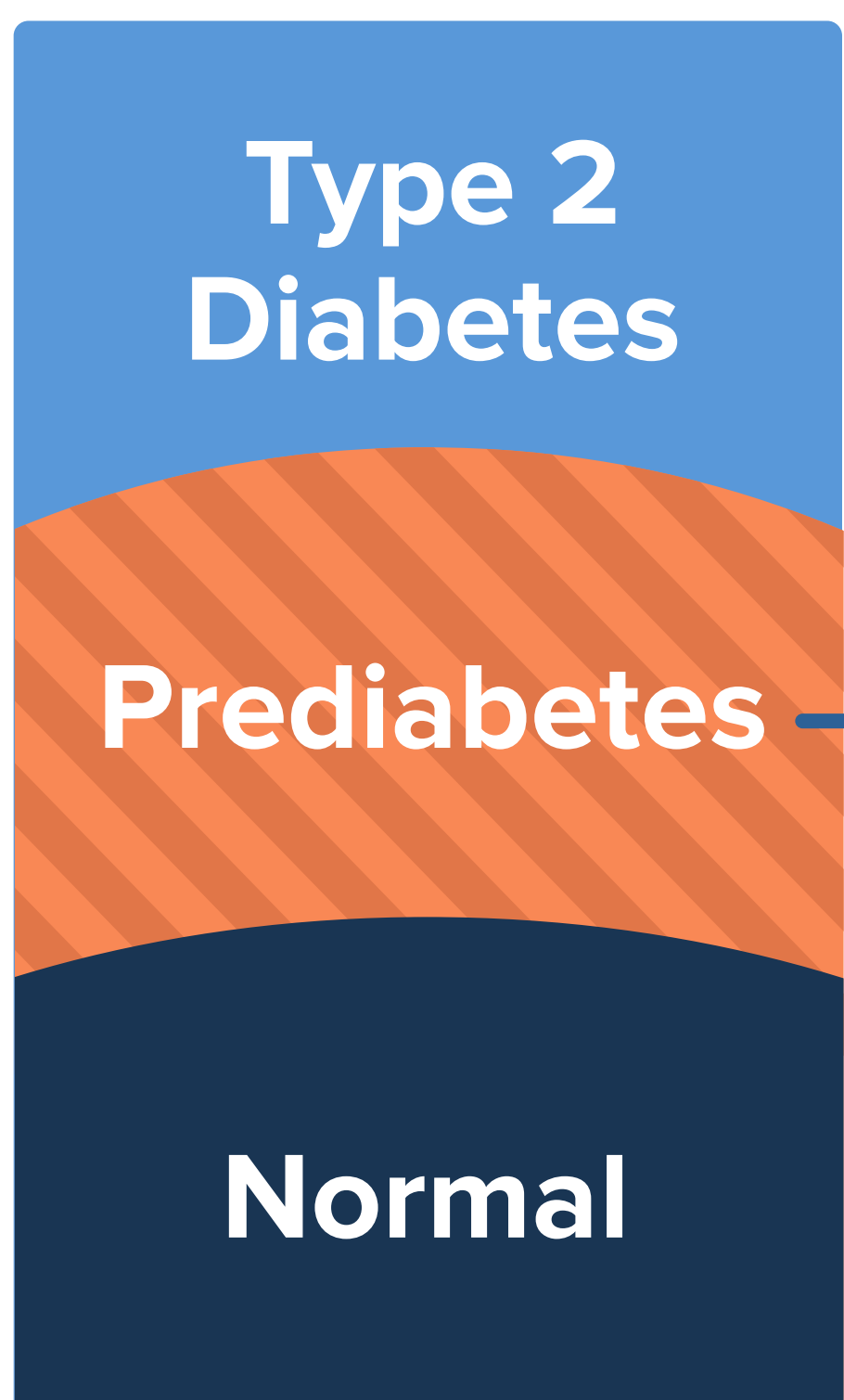
98  
Million

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



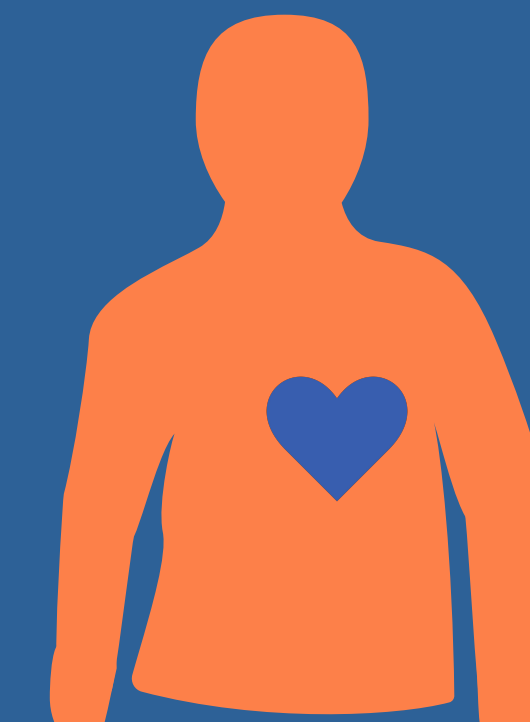
With prediabetes, your **blood sugar levels are higher than normal**, but not high enough yet to be diagnosed as type 2 diabetes

## PREDIABETES RISKS

Prediabetes increases your risk of:



Type 2 Diabetes



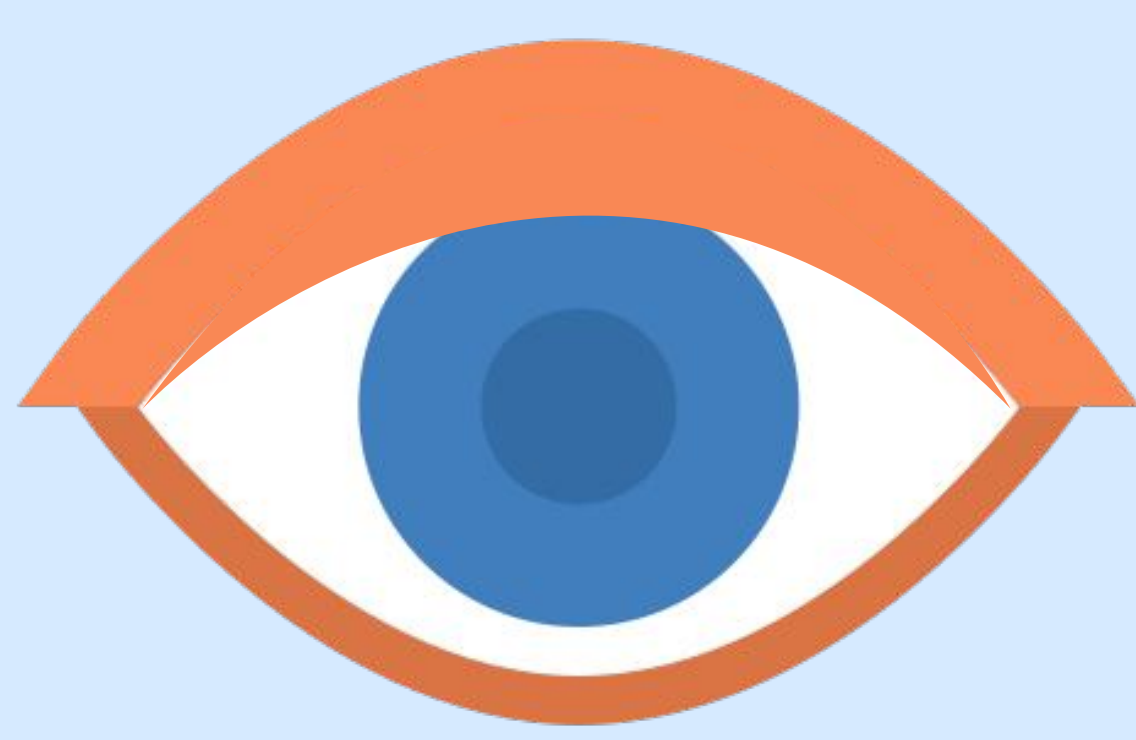
Heart Disease



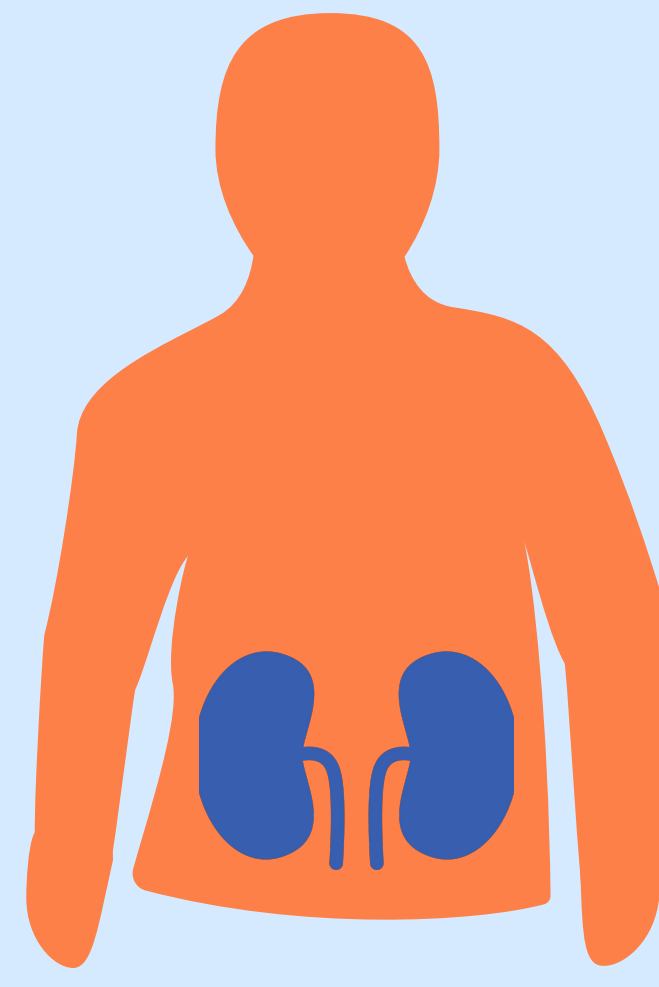
Stroke

## TYPE 2 DIABETES HEALTH RISKS

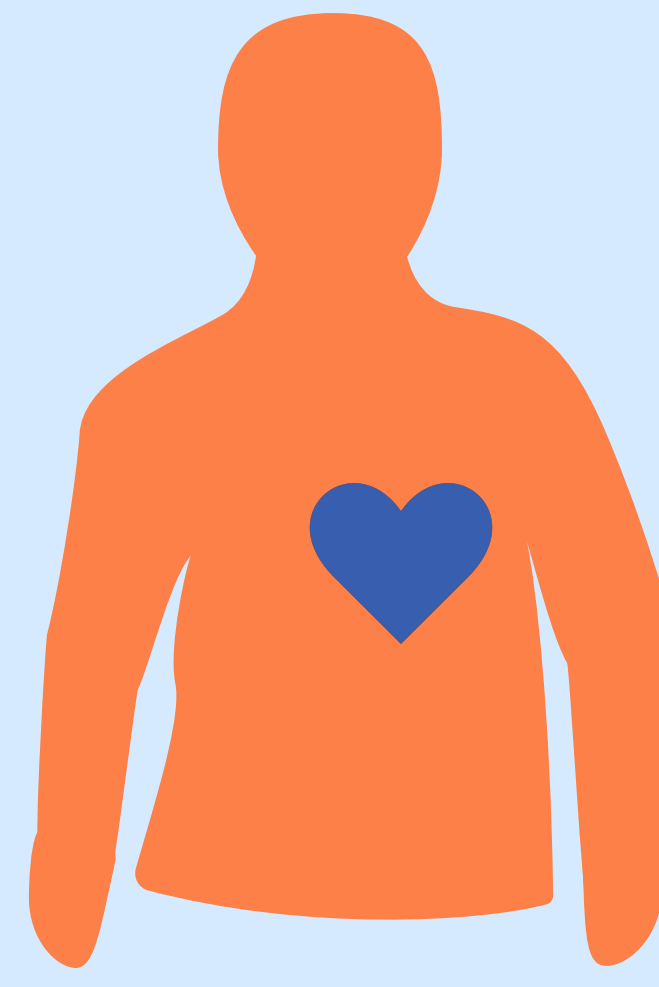
If you ignore prediabetes, your risk for type 2 diabetes goes up — **type 2 diabetes increases your risk for serious health complications:**



Blindness



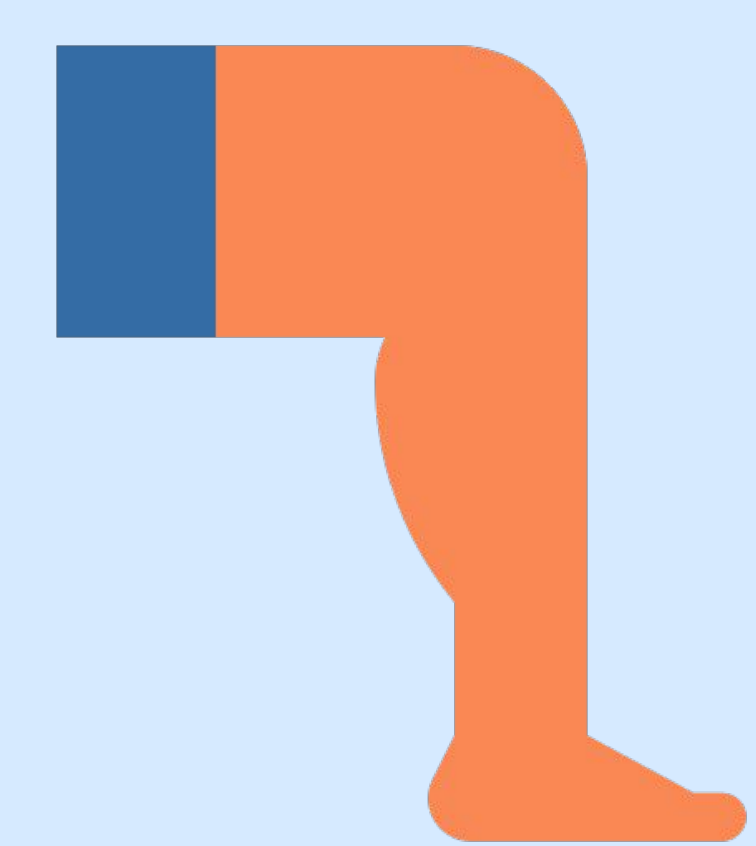
Kidney Failure



Heart Disease



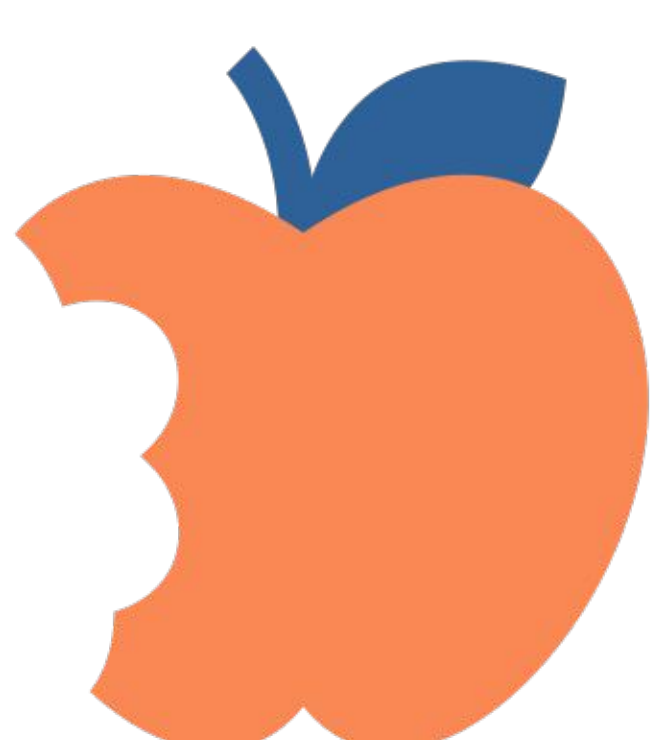
Stroke



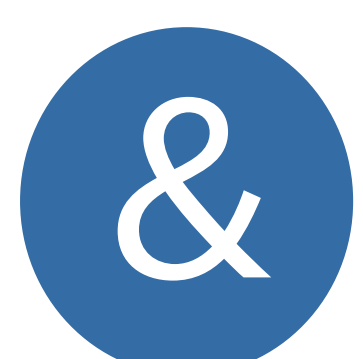
Loss of toes, feet, or legs

## REDUCE YOUR RISK

If you have prediabetes, losing weight by:



Eating healthy



Being more active

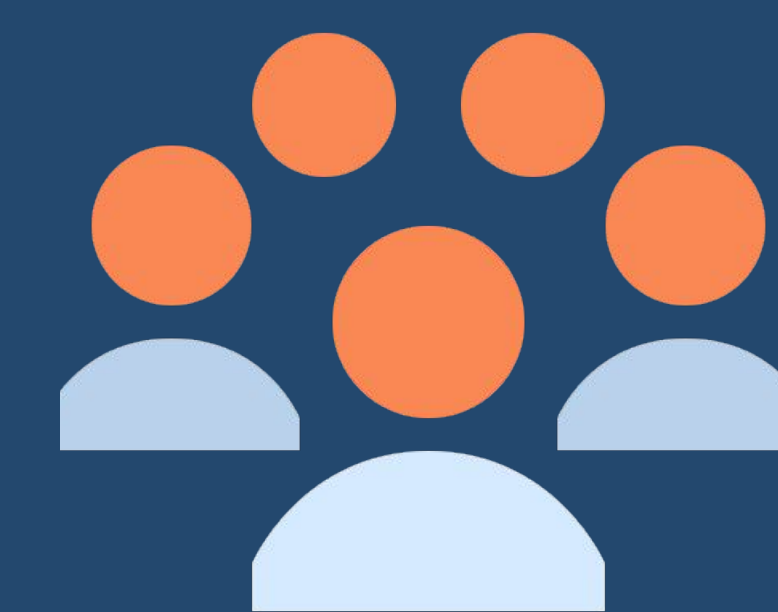
Can cut your risk of getting type 2 diabetes

**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/prediabetes/risktest/](http://www.cdc.gov/prediabetes/risktest/)