PREDIABETES

2.1 million Virginian adults have prediabetes*

1 out of 3

9 out of 10 people with prediabetes do not know they have it

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

Prediabetes increases your risk of:
- Type 2 Diabetes
- Heart Disease
- Stroke

If you have prediabetes, losing weight by:
- Eating Healthy
- Being More Active

can cut your risk of getting type 2 diabetes in HALF.
People who have diabetes are at higher risk of serious health complications:

- Blindness
- Kidney failure
- Heart disease
- Stroke
- Loss of toes, feet, or legs

YOU CAN PREVENT TYPE 2 DIABETES

FIND OUT IF YOU HAVE PREDIABETES -
See your doctor to get your blood sugar tested

- Eat healthy
- Be more active
- Lose weight

Join a recognized diabetes prevention program

Learn more and take the prediabetes risk quiz at http://www.cdc.gov/diabetes/prevention

REFERENCES


