

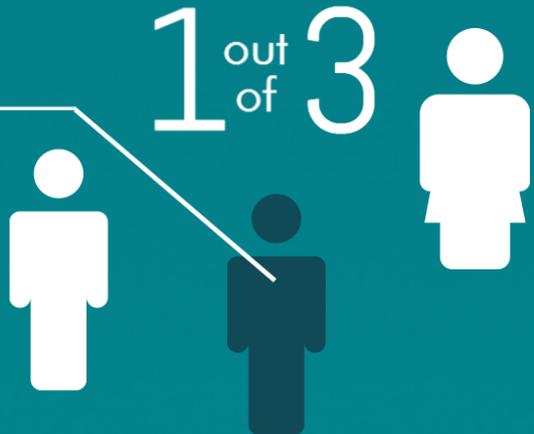
PREDIABETES

COULD IT BE YOU?



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



Without weight loss and moderate physical activity



15-30% of 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

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



find one here!



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

REFERENCES

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