

# Learn about prediabetes and if you are at risk for developing it.

Approximately 84 million American adults have prediabetes. That's more than 1 out of 3 adults.

## Prediabetes is a Serious Health Condition.

Blood sugar levels are higher than normal. But they are not high enough yet to be diagnosed as diabetes. Prediabetes can develop over many years with symptoms that may not be obvious. 90% of those with prediabetes don't know they have it.

## What Causes Prediabetes?

Insulin is a hormone made by your pancreas. It acts like a key to let blood sugar into cells. The sugar is used as energy. If you have prediabetes, the cells in your body don't respond normally to insulin. Your pancreas makes more insulin to try to get cells to respond. Eventually, your pancreas can't keep up so your blood sugar rises. This sets the stage for prediabetes. Prediabetes can lead to more serious health issues such as:

- Type 2 diabetes.
- Heart disease.
- Stroke.
- Kidney failure.

## Risk Factors for Prediabetes

- Being overweight.
- Being 45 years or older.
- Having a parent, brother, or sister with type 2 diabetes.
- Being physically active less than 3 times a week.
- Having gestational diabetes during pregnancy.
- Giving birth to a baby weighing over nine pounds.
- Having polycystic ovary syndrome.

- African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at particularly high risk for type 2 diabetes.

If you have any of the risk factors, make an appointment with your doctor so you can be tested. The test is a simple blood sugar test. When prediabetes is diagnosed, you can take immediate steps to live a healthier life.

## How to Prevent Diabetes

Prediabetes is your warning that you are at an increased risk of type 2 diabetes. There are things you can do to prevent type 2 diabetes such as:

- Lose a modest amount of weight. Modest weight loss means 5% to 7% of body weight. This equates to 10 to 14 pounds for a 200-pound person.
- Get regular physical activity. Regular physical activity is at least 150 minutes a week of brisk walking or a similar activity. That's only 30 minutes a day, five days a week.
- Eat healthy foods such as vegetables, fruit, and lean protein.



If you have prediabetes, take charge of your health! Talk to your doctor about other things you can do to prevent type 2 diabetes.

Source: Centers for Disease Control and Prevention