

PREDIABETES

COULD IT
BE YOU?

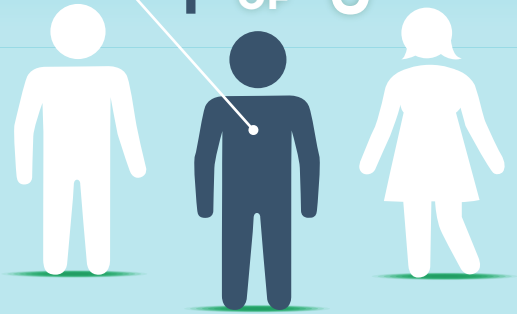


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84.1
MILLION

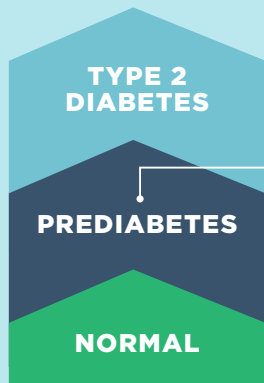
84.1 million American adults — more than 1 out of 3 — have prediabetes

1 OUT OF 3



9 OUT OF 10

people with prediabetes don't know they have it



Prediabetes is when your blood sugar level is higher than normal but not high enough yet 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



Ignore prediabetes and type 2 diabetes risk goes up — and so does risk for 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 CDC-RECOGNIZED

diabetes prevention program



LEARN MORE FROM CDC AND TAKE THE **PREDIABETES RISK QUIZ** AT
www.cdc.gov/diabetes/basics/prediabetes.html

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REFERENCES

Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2017. Atlanta, GA: U.S. Department of Health and Human Services; 2017.

Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, released December, 2016. Data are from the Multiple Cause of Death Files, 1999-2015, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/ucd-icd10.html> on April 4, 2017.

CDC's Division of Diabetes Translation works toward a world free of the devastation of diabetes.