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

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 and being more active can cut your risk of getting type 2 diabetes in half.

9 out of 10 people with prediabetes don't know they have it.

Could it be you?
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

JOIN A CDC-RECOGNIZED diabetes prevention program

- eat healthy
- be more active
- lose weight

Learn more from CDC and take the prediabetes risk quiz at www.cdc.gov/diabetes/basics/prediabetes.html

REFERENCES


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