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

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.

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.

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