



# Get in the know. Get tested for prediabetes.

“I want to stay healthy for myself and the ones I love, so I am making preventing type 2 diabetes a priority.”



IF YOU HAVE PREDIABETES,

 **1** OUT OF **3** adults has prediabetes

**9** OUT OF **10**  don't know they have it

Prediabetes increases your risk of:

-  **TYPE 2 DIABETES**
-  **HEART DISEASE**
-  **STROKE**

You may already have prediabetes and be at risk for type 2 diabetes if you:

-  Are overweight
-  Are 45 years or older
-  Have a parent, brother, or sister with type 2 diabetes
-  Are physically active fewer than 3 times per week
-  Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby who weighed more than 9 pounds

African Americans, Hispanic/Latino Americans, American Indians, Alaska Natives, and some Pacific Islanders and Asian Americans are at higher risk.

can help you improve your overall health by losing weight, eating better, and being more active.

### YOU'LL GET:

-  A proven program led by a trained lifestyle coach to prevent or delay type 2 diabetes
-  A CDC-approved curriculum with techniques to improve food choices and increase physical activity to at least 150 minutes a week to help you lose 5 to 7 percent of your body weight
-  A full year of support with weekly 1-hour sessions for up to 6 months and then monthly sessions for the rest of the year
-  Support from others like you as you learn new skills for healthy living



### IF YOU THINK YOU HAVE PREDIABETES:

 Take the prediabetes risk test at [www.cdc.gov/prediabetes/takethetest](http://www.cdc.gov/prediabetes/takethetest)

 If your score shows you are at high risk for prediabetes, talk to your health care provider about getting tested.

