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

9 out of 10 people with prediabetes do not 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 and being more active can cut your risk of getting type 2 diabetes in half.
People who have diabetes are at higher risk of 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**


**REFERENCES**


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