

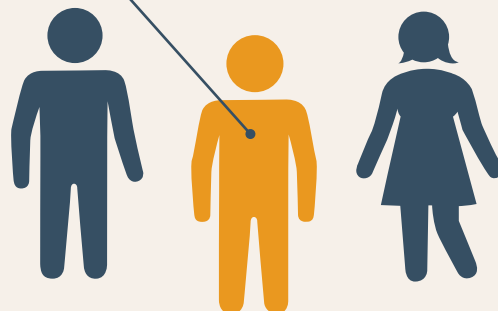
PREDIABETES

COULD IT BE YOU?

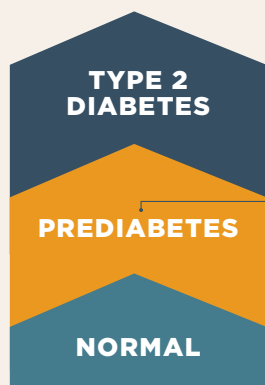
**88
MILLION**

88 million American adults — more than 1 in 3 — have prediabetes

1 IN 3



MORE THAN 8 IN 10 adults with prediabetes don't know they have it



With prediabetes, your blood sugar levels are 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

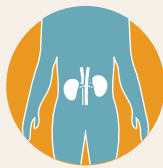
HALF



If you ignore prediabetes, your risk for type 2 diabetes goes up — type 2 diabetes increases your 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 TEST** AT
www.cdc.gov/diabetes/prevention-type-2/

REFERENCE

Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2020.

FloridaHealth.gov/diabetes



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



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

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