

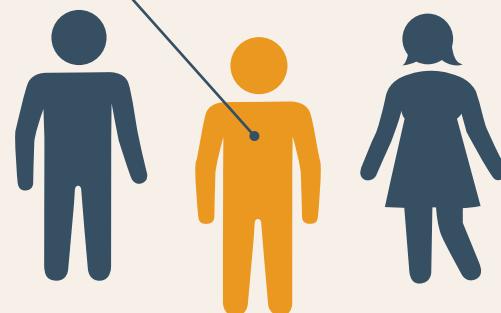
# PREDIABETES

COULD IT BE YOU?

88  
MILLION

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

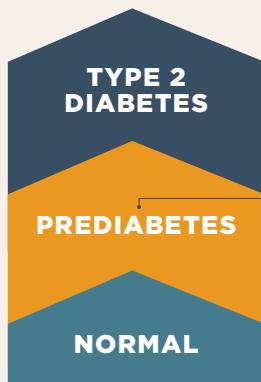
1 IN 3



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:



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



**JOIN A CDC-RECOGNIZED**  
diabetes prevention program



- ✓ eat healthy
- ✓ be more active
- ✓ lose weight



LEARN MORE FROM CDC AND TAKE THE **PREDIABETES RISK TEST** AT  
[www.cdc.gov/diabetes/prevention-type-2/](http://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](http://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

CS313643A