

MANAGING PREDIABETES

If you have been diagnosed with prediabetes, making healthy lifestyle changes can **cut your risk for type 2 diabetes in half.**



What is Prediabetes?

More than **1 in 3** American adults has prediabetes, a condition where blood sugar levels are higher than normal, but **not high enough** to be considered type 2 diabetes.

Key Risk Factors

- Family history
- Physical inactivity
- Poor diet
- High blood pressure
- Low levels of good (HDL) cholesterol



Symptoms of Prediabetes

Prediabetes often has **no clear symptoms**, so it is important to talk to your doctor if you are experiencing any key risk factors.

What Can You Do?

- Ask your doctor about a **blood sugar test** to assess your glucose levels and determine a care plan
- Aim for 150 minutes of **moderate intensity exercise** each week
- Reduce smoking habits

National Diabetes Prevention Program

- This CDC-led program can potentially reduce your risk for type 2 diabetes by **58%** through long term lifestyle changes
- Consult your doctor or **visit the CDC NDPP webpage** to determine whether there is program offered in your community



The information provided in this resource is sourced from the CDC, the Mayo Clinic and the American Diabetes Association. Please contact your primary care provider for more information.

