WHAT IS PREDIABETES?

Prediabetes means that your blood sugar level is higher than normal, but not yet high enough to be diagnosed as diabetes. Without healthy lifestyle changes, 15 to 30 percent of people with prediabetes will develop type 2 diabetes within five years.

Nearly 1 in 3 U.S. adults has prediabetes. Nearly 90 percent of adults who have prediabetes don’t know they have it. ARE YOU AT RISK?

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

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Have high blood pressure
- Are physically active fewer than three times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds