



KNOW YOUR RISK FOR PREDIABETES

GET SCREENED TODAY

African Americans are at higher risk for prediabetes.

Prediabetes means your blood sugar level is higher than normal, but not high enough to be diagnosed as diabetes.

Having prediabetes puts you at higher risk for developing type 2 diabetes, a disease that comes with serious health problems.

That's why it's important to know the risk factors.



**AGE 45
OR OLDER**



OVERWEIGHT



**FAMILY HISTORY
OF TYPE 2
DIABETES**



**DIABETES
WHILE
PREGNANT**



**ADULTS IN THE
UNITED STATES
HAS PREDIABETES.**

**90% OF THEM
AREN'T AWARE
THAT THEY DO.**



READY TO MAKE HEALTHY CHOICES?

① LEARN more
about prediabetes

② GET
screened

③ ENROLL in the lifestyle change
program if you have prediabetes

NATIONAL
DIABETES
PREVENTION
PROGRAM