



# KNOW YOUR RISK FOR PREDIABETES

## GET SCREENED TODAY

### American Indians 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**