

YOU HAVE THE POWER TO LIVE YOUR BEST LIFE

By learning more about prediabetes and making healthy changes, you can reduce your risk of type 2 diabetes, heart disease, and stroke.

Prediabetes means your **blood sugar levels are higher than normal**, but not high enough to be diagnosed as type 2 diabetes.



Only
1 IN 9



Anyone can have prediabetes, but **your risk is higher** if you:



ARE 45 OR OLDER



ARE OVERWEIGHT



HAVE A FAMILY HISTORY OF TYPE 2 DIABETES



ARE PHYSICALLY ACTIVE LESS THAN THREE TIMES PER WEEK



GOT DIABETES WHILE PREGNANT



GAVE BIRTH TO A BABY WHO WEIGHED MORE THAN NINE POUNDS

PREDIABETES CAN LEAD TO TYPE 2 DIABETES

That means you could develop other serious health conditions, including:



DIABETIC EYE DISEASE



KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF TOES, FEET, OR LEGS

50% of Hispanic adults in the United States are expected to develop type 2 diabetes—a **10% higher rate** than average.

The percentage of people with type 2 diabetes is higher in our county **than the rest of the state.**



The percentage of people with type 2 diabetes is higher in our county **than the United States.**

10.5
UNITED STATES

WHAT YOU CAN DO TO REDUCE YOUR RISK

GET SCREENED

CDC offers both **online** and **printable** prediabetes screening tests.

If you find that you're at risk, **talk to a healthcare professional** about getting a blood sugar test.



ENROLL IN A LIFESTYLE CHANGE PROGRAM

If you're diagnosed with prediabetes, a CDC-recognized program can help you **prevent** or **delay** the development of type 2 diabetes.

You won't be alone! Whether you participate in person or online, you'll have a network of support, thanks to the other members in your group and a **trained lifestyle coach** who will be there every step of the way.

"I prevent type 2 diabetes so I can keep traveling, taking pictures, and enjoying my family."

— Suzi Gomez, 53
Lifestyle change program participant

GET ACTIVE



Dance
to your favorite music.



Walk
around when you talk on the phone with family and friends.



Take
the stairs instead of elevators or escalators.

EAT HEALTHY

Making small changes to your diet will help you maintain a healthy weight.



Look for foods that are:

- High in vitamins and minerals like **spinach**, **tomatillos**, and **yuca**.
- High in fiber and water like **papayas**, **bananas**, and **oats/oatmeal**.
- High in protein like **unfried beans**, **eggs**, and **lean meats**.

TAKE THE FIRST STEP TOWARD A HEALTHIER FUTURE

To learn more and find a lifestyle change program near you, visit [cdc.gov/diabetes/prevention](https://www.cdc.gov/diabetes/prevention).

NATIONAL
DIABETES
PREVENTION
PROGRAM

SOURCES

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