

# PREDIABETES

COULD IT  
BE YOU?



**84.1**  
MILLION

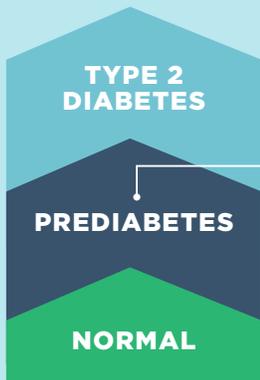
84.1 million  
American adults —  
more than  
1 out of 3 — have  
prediabetes

1 OUT OF 3



9 OUT OF 10

people with prediabetes  
don't know they have it



Prediabetes is  
when your blood  
sugar level is higher  
than normal but not  
high enough yet to  
be diagnosed as  
type 2 diabetes

Prediabetes increases your risk of:



TYPE 2  
DIABETES



HEART  
DISEASE



STROKE



If you have  
prediabetes,  
losing weight by:



EATING  
HEALTHY



BEING  
MORE  
ACTIVE

can cut your risk of  
getting type 2 diabetes in

**HALF**



Ignore prediabetes and type 2 diabetes risk goes up — and so does risk for serious health complications:



**BLINDNESS**



**KIDNEY FAILURE**



**HEART DISEASE**



**STROKE**



**LOSS OF TOES, FEET, OR LEGS**

## YOU CAN PREVENT TYPE 2 DIABETES

### FIND OUT IF YOU HAVE PREDIABETES —

See your doctor to get your blood sugar tested



- ✓ eat healthy
- ✓ be more active
- ✓ lose weight

### JOIN A CDC-RECOGNIZED

diabetes prevention program



LEARN MORE FROM CDC AND TAKE THE **PREDIABETES RISK QUIZ** AT  
[www.cdc.gov/diabetes/basics/prediabetes.html](http://www.cdc.gov/diabetes/basics/prediabetes.html)

#### REFERENCES

Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2017. Atlanta, GA: U.S. Department of Health and Human Services; 2017.

Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, released December, 2016. Data are from the Multiple Cause of Death Files, 1999-2015, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/ucd-icd10.html> on April 4, 2017.

CDC's Division of Diabetes Translation works toward a world free of the devastation of diabetes.