



The 411 on Prediabetes

You may have heard the term “*prediabetes.*” One in three adults in the United States has it—but *what is it?* This handout answers that question, reviews some factors that put people at higher risk, and offers tips for prevention.

What is prediabetes?

Prediabetes means that the blood sugar in the body is higher than normal, but not high enough to be diagnosed as type 2 diabetes. “*Pre*” means “*before*”—so you can think of prediabetes as a warning that type 2 diabetes may be ahead.

86 million
US adults have prediabetes



That's 1 in 3 people

Is prediabetes dangerous?

If you have prediabetes, your chances of getting type 2 diabetes and other serious health problems like heart disease, stroke, and blindness, are higher.

Who gets prediabetes?

There are certain things that put a person at higher risk for getting prediabetes and type 2 diabetes. They are called *risk factors*. Use this section to check off *yes* or *no* for each question. If you answer “*yes*” to one or more questions, talk with your healthcare provider—he or she will test your blood sugar to find out if you have prediabetes.

Being overweight: Are you overweight or obese?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Being inactive: Do you spend most of your time sitting?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Age: Are you 45 years old or older?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Family history of type 2 diabetes: Does one of your parents or a brother or sister have type 2 diabetes?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
History of diabetes during pregnancy: Were you diagnosed with diabetes while pregnant or did you deliver a baby weighing 9 or more pounds?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Being a member of certain races: Are you African American, Hispanic, Native American, Asian American, or Pacific Islander?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Having high blood pressure: Have you been diagnosed with hypertension?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

How can I find out if I have prediabetes?

The only way to diagnose prediabetes is by getting a blood sugar test. If you think you’re at risk, make an appointment with your healthcare provider.

If I have prediabetes, will I get type 2 diabetes?

Having prediabetes does not mean you will get type 2 diabetes. In fact, you can take steps to reverse prediabetes. Yes, reverse it!

The keys:

- Eat a healthy diet
- Exercise
- Maintain a healthy weight



NATIONAL DIABETES EDUCATION INITIATIVE™

FOR MORE INFORMATION:
TALK WITH YOUR HEALTHCARE PROVIDER

REFERENCES: American Diabetes Association. Standards of medical care in diabetes—2015. *Diabetes Care*. 2015;38(suppl 1):S1-S93. • What is pre-diabetes? http://www.joslin.org/info/what_is_pre_diabetes.html. • Prediabetes. <http://www.mayoclinic.org/diseases-conditions/prediabetes/basics/definition/con-20024420>.

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