

Pre-diabetes

People with pre-diabetes have blood sugar levels that are higher than normal, but not high enough for a diagnosis of type 2 diabetes.

The good news is that people can lower their risk of getting diabetes by losing weight (5-7% of their body weight). Being physically active most days and cutting extra calories in meals and snacks can help with weight loss.

Being overweight is a big risk. These other risk factors increase the chances, too:

- Having a family member with type 2 diabetes
- African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander family background
- High blood pressure (140/90 or higher)
- Cholesterol levels that are not normal (low HDL cholesterol or high triglycerides)
- Diabetes during pregnancy (gestational diabetes) or had a baby weighing more than 9 pounds at birth
- Being inactive (exercising less than 3 times a week)



Should I get tested for pre-diabetes?

As we get older, the chances of developing type 2 diabetes rise. Testing can help diagnose pre-diabetes earlier so you can start action to prevent or delay diabetes.

- **Anyone age 45 years and older** should ask about testing during an office visit
- **Anyone who is overweight and 45 years or older** should be tested
- **Anyone who is overweight and who has other risk factors** should ask about testing, even if under age 45 years (including children ages 10 and up)

You can ask your doctor to check your blood glucose during an office visit.



What if I have pre-diabetes?

- ✓ Start being active every day and cut out extra calories (especially fatty foods). Talk to your doctor about cutting down on salt and alcohol.
- ✓ If you have high blood pressure or high cholesterol, start to lose weight by being physically active and making smart food choices.
- ✓ Ask your doctor if you need medicines.



Could you have prediabetes?

Take the risk test!

Take the diabetes risk test in English or Spanish at:
<https://www.cdc.gov/diabetes/takethetest/>

There are 3 different tests for pre-diabetes.

1. Fasting plasma glucose test
2. Oral glucose tolerance test
3. A1c test

These tests determine whether you have a normal metabolism, pre-diabetes, or diabetes.