



# 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.

<b>Being overweight:</b> Are you overweight or obese?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
<b>Being inactive:</b> Do you spend most of your time sitting?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
<b>Age:</b> Are you 45 years old or older?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
<b>Family history of type 2 diabetes:</b> Does one of your parents or a brother or sister have type 2 diabetes?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
<b>History of diabetes during pregnancy:</b> 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"/>
<b>Being a member of certain races:</b> Are you African American, Hispanic, Native American, Asian American, or Pacific Islander?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
<b>Having high blood pressure:</b> 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](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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