If you have prediabetes, you can cut your risk of getting type 2 diabetes in half. Losing weight by eating healthy and being more active could prevent 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

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

People who have prediabetes are at higher risk of serious health complications:

- Blindness
- Kidney failure
- Heart disease
- Stroke
- Loss of toes, feet, or legs

You can prevent type 2 diabetes.

1 Out of 3 adults—more than 86 million American adults—have prediabetes. 9 Out of 10 people with prediabetes do not know they have it.

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

Without weight loss and moderate physical activity, 15–30% of people with prediabetes will develop type 2 diabetes within 5 years.

You can prevent type 2 diabetes by:

- Eating healthy
- Being more active
- Losing weight

Join a CDC-recognized diabetes prevention program.

Find out if you have prediabetes—see your doctor to get your blood sugar tested.

Learn more from CDC and take the Prediabetes Risk Quiz at http://www.cdc.gov/diabetes/prevention.

References:


Translation works toward a world free of the devastation of diabetes.