

# YOU HAVE THE POWER TO LIVE YOUR BEST LIFE

By learning more about prediabetes and making healthy changes, you can reduce your risk of type 2 diabetes, heart disease, and stroke.

Prediabetes means your **blood sugar levels are higher than normal**, but not high enough to be diagnosed as type 2 diabetes.



Nearly **half** of all adults over the age of 65 have prediabetes

Only about

**1 IN 5**

are aware that they do.



Anyone can have prediabetes, but **your risk is higher** if you:



**ARE 45 OR OLDER**



**ARE OVERWEIGHT**



**HAVE A FAMILY HISTORY OF TYPE 2 DIABETES**



**ARE PHYSICALLY ACTIVE LESS THAN THREE TIMES PER WEEK**



**GOT DIABETES WHILE PREGNANT**



**GAVE BIRTH TO A BABY WHO WEIGHED MORE THAN NINE POUNDS**

## PREDIABETES CAN LEAD TO TYPE 2 DIABETES

That means you could develop other serious health conditions, including:



**BLINDNESS**



**KIDNEY FAILURE**



**HEART DISEASE**



**STROKE**



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

Average medical costs for people diagnosed with type 2 diabetes are **2x higher** than for those without type 2 diabetes.

Type 2 diabetes is **most common** among people 65 and older living in Southern/Appalachian states, Puerto Rico, and Guam compared to other areas.

The percentage of people with type 2 diabetes is higher in our county **than the rest of the state.**



The percentage of people with type 2 diabetes is higher in our county **than the United States.**

**10.5**

UNITED STATES

# WHAT YOU CAN DO TO REDUCE YOUR RISK

## GET SCREENED

CDC offers both **online** and **printable** prediabetes screening tests.

If you find that you're at risk, **talk to a healthcare professional** about getting a blood sugar test.



## ENROLL IN A LIFESTYLE CHANGE PROGRAM

The Medicare Diabetes Prevention Program (MDPP) helps eligible Medicare recipients **prevent or delay** the development of type 2 diabetes.

You won't be alone! Whether you participate in person or online, you'll have a network of support, thanks to the other members in your group and **a trained lifestyle coach** who will be there every step of the way.

### YOU'RE ELIGIBLE FOR MDPP IF YOU:

- Are enrolled in Medicare Part B through Original Medicare or a Medicare Advantage plan
- Have a body mass index of at least 25 (or at least 23 if you are Asian)
- Have had a blood test that shows a likelihood of prediabetes
- Have no previous diagnosis of type 1 or type 2 diabetes (excludes gestational diabetes)
- Do not have end-stage renal disease
- Have not received previous MDPP services

## GET ACTIVE



**Dance** to your favorite music.



**Take** the stairs instead of elevators or escalators.



**Try** a gardening activity like weeding, raking leaves, or mowing the lawn.

## EAT HEALTHY

Making changes to your diet will help you maintain a healthy weight.

Look for items that are:

- High in vitamins and minerals like **spinach, broccoli, and sweet potatoes.**
- High in fiber and water like **raspberries, pears, and apples.**
- High in protein like **cottage cheese, eggs, and lean meats.**



## TAKE THE FIRST STEP TOWARD A HEALTHIER FUTURE

It's never too late to focus on your health. To learn more and find an MDPP lifestyle change program near you, visit [cdc.gov/diabetes/prevention](https://cdc.gov/diabetes/prevention).

**NATIONAL**  
**DIABETES**  
**PREVENTION**  
**PROGRAM**

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