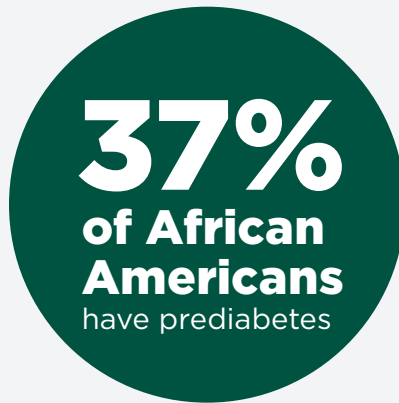


# YOU HAVE THE POWER TO LIVE YOUR BEST LIFE

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.



Only **1 IN 6** 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**

More than

**800,000**

African Americans in the US have **diabetic retinopathy**, a common cause of vision loss among people with diabetes.

**52%**

of African American women in the US will develop pregnancy-related diabetes, called **gestational diabetes**.

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

If you're diagnosed with prediabetes, a CDC-recognized program can help you **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.

**55%** of African Americans say they get **less than 10 minutes** of physical activity a week.

*"I'm more conscious of what I need to do to take care of myself."* — Cynthia Johnson, 54  
Lifestyle change program participant

## GET ACTIVE



**Dance** to your favorite music.



**Walk** the sidelines at your children's or grandchildren's sports events.



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

## 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, kale,** and **collards.**
- High in fiber and water like **bananas, apples,** and **oranges.**
- High in protein like **beans, eggs,** and **lean meats.**

## TAKE THE FIRST STEP TOWARD A HEALTHIER FUTURE

To learn more and find a lifestyle change program near you, visit [cdc.gov/diabetes/prevention](https://cdc.gov/diabetes/prevention).

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

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