

Tips and Resources

# Prediabetes 101

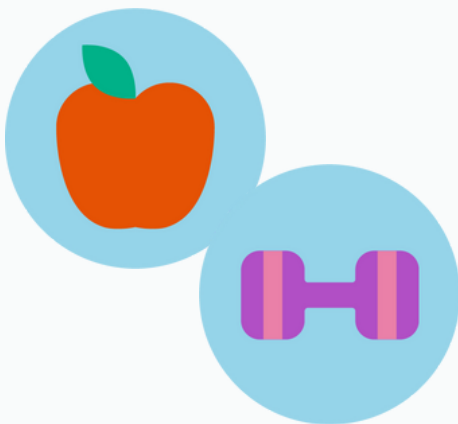


With prediabetes, blood sugar levels are higher than normal, but not high enough for a type 2 diabetes diagnosis.

## Prediabetes = Prevent diabetes

Prediabetes is a big deal, and it often goes unnoticed. You can have prediabetes for years without symptoms. However, people with prediabetes are at a higher risk of heart disease and stroke.

96 million adults in the US have prediabetes.



## Ways to prevent diabetes:

Lose a modest amount of weight and get regular physical activity, and your risk goes down. Modest weight loss means 5% to 7% of body weight (just 10 to 14 pounds for a 200-pound person). Regular physical activity means getting at least 150 minutes a week of brisk walking or similar activity. That's just 30 minutes a day, five days a week.

CommunityHealth is here for you! Talk to your medical care team about more ways to manage your prediabetes and connect you to resources.

For more information visit: <https://www.cdc.gov/diabetes>

Source: CDC,2022