

PREDIABETES

COULD IT BE YOU?

88
MILLION

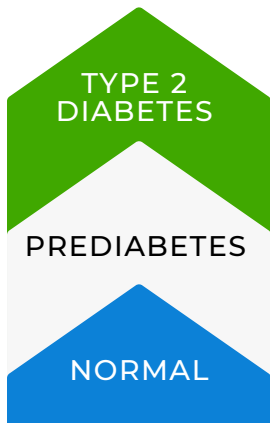
88 million American
adults have prediabetes
(more than 1 in 3)

1 IN 3



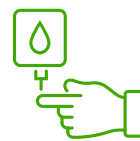
MORE THAN 8 IN 10

ADULTS WITH PREDIABETES
DON'T KNOW THEY HAVE IT



With prediabetes, your blood sugar levels are higher than normal but not yet high enough to be diagnosed as type 2 diabetes

Prediabetes increases your risk of:



TYPE 2
DIABETES



HEART
DISEASE



STROKE



If you have prediabetes,
you can lose weight by:



EATING
HEALTHY
FOODS



and
BEING
MORE
ACTIVE

You can cut your risk of
type 2 diabetes in

HALF



If you ignore prediabetes, your risk for type 2 diabetes goes up. Type 2 diabetes increases your risk of serious health complications.



BLINDNESS



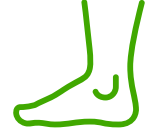
KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF TOES,
FEET, OR LEGS

YOU CAN PREVENT TYPE 2 DIABETES

FIND OUT IF YOU HAVE PREDIABETES

See your doctor or contact HealthViber to get your blood sugar tested



- ✓ eat healthy
- ✓ be more active
- ✓ lose weight

Join HealthViber's
CDC-recognized

Diabetes Prevention Program



LEARN MORE FROM CDC AND TAKE THE PREDIABETES RISK TEST

www.cdc.gov/diabetes/basics/prediabetes.html

REFERENCE

Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2020.

CDC's Division of Diabetes Translation works toward a world free from the devastation of diabetes.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

