

Prediabetes Fact Sheet

What is Prediabetes?

Most of us are familiar with “borderline diabetes” and may not even recognize the word “prediabetes” which is the term more commonly used now. The good news is that if you have prediabetes (or borderline diabetes), our *Change Your Lifestyle. Change Your Life.* (CYL²) program can help you make positive behavior changes that will prevent or delay type 2 diabetes and other serious health problems. Having prediabetes doesn’t mean you will automatically develop type 2 diabetes. You can take steps today to reduce your risk by joining CYL².

Quick Facts About Prediabetes:

- Prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as type 2 diabetes.
- Approximately 84 million American adults—more than 1 out of 3—already have prediabetes.
- Of those with prediabetes, 90% don’t even know they have it because they have never been tested.
- Without losing weight or increasing physical activity, people with prediabetes may develop type 2 diabetes within three years.
- Prediabetes puts you at increased risk of developing not only [type 2 diabetes](#), but it also increases your risk for [heart disease](#) and [stroke](#).

What Causes Prediabetes?

Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into cells for use as energy. If you have prediabetes, the cells in your body don’t respond normally to insulin. Your pancreas makes more insulin to try to get cells to respond. Eventually your pancreas can’t keep up, and your blood sugar rises, setting the stage for prediabetes—and type 2 diabetes down the road.

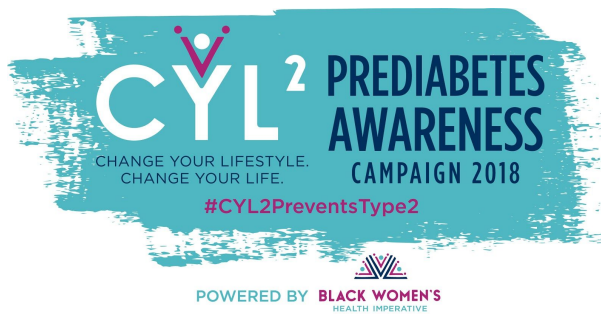
Signs & Symptoms

You can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems such as type 2 diabetes show up. It is important to talk to your doctor about getting your blood sugar tested during your annual visits.

Who is Likely to Have Prediabetes

- African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk
- Being overweight - especially around the abdomen (stomach)
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Having a history of gestational diabetes (diabetes during pregnancy) or giving birth to a baby who weighed more than 9 pounds.

84 million people have prediabetes. Are you one of them? Answer the questions below. If you score 5 or more, you could have prediabetes:



| | |
|---|--|
| Are you a male? | 1 point |
| Anyone in your family have type 2 diabetes? | 1 point |
| Do you have high blood pressure? | 1 point |
| Are you inactive? | 1 point |
| How old are you? | 60s = 3 points 50s = 2 points 40s = 1 point |
| Are you overweight? | Very = 3 points Moderately = 2 points Somewhat = 1 point |
| Total Score | |

How Can You Prevent Type 2 Diabetes?

If you score 5 or more on the Risk Test above, this is what you should do:

- Know your status. Tell your doctor that you want a blood test for prediabetes
- Find a lifestyle change program near you: <https://www.bwhi.org/cyl2/>
- Make healthier food choices, preparing and eating foods that are low in fat, sugar, and calories
- Just move! 150 minutes of physical activity each week - try walking.
- Lose at least 5-7% of your current weight - that's not a lot.

Calls to Action:

- Download the [CDC Risk Test](#) and have all adults in your family take it.
- Get a Blood Glucose Test and ask your doctor to explain the results to you.
- [Find a Lifestyle Change Program Near You](#)

Source: Centers for Disease Control and Prevention

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