The number of Americans diagnosed with Type 2 diabetes and prediabetes is increasing at an alarming rate.

One in Three Americans Has Prediabetes.
Are you or someone you love one of them?
Prediabetes is a condition in which blood glucose or hemoglobin A1C levels (reflects average glucose over three months) are higher than normal, but not yet high enough to diagnose diabetes.

Why it Matters:
Within five years, 15-30% of those with prediabetes develop Type 2 diabetes with a higher risk of heart disease, stroke and other health problems.

The GOOD NEWS:
Prediabetes can be reversed in most cases with simple lifestyle changes. Losing 5-7% of your body weight can prevent or delay the onset of diabetes.

Take Action:
• Assess your risk with a simple quiz at DoICHavePrediabetes.org
• Visit your primary care provider (PCP) for a prediabetes blood test
• Take the next steps advised by your PCP
• Learn more at wespath.org and DoICHavePrediabetes.org

Adapted from www.DoICHavePrediabetes.org