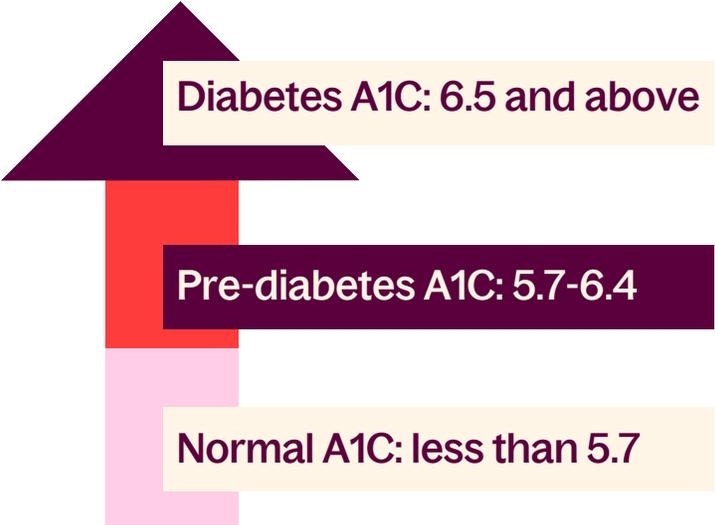


PRE-DIABETES

Learn more about what it is and how to manage it.

WHAT IS PRE-DIABETES?

Blood sugar remains higher than normal & puts you at higher risk for developing type 2 diabetes.



Diabetes A1C: 6.5 and above

Pre-diabetes A1C: 5.7-6.4

Normal A1C: less than 5.7

WHO IS AT HIGHER RISK?

Risk factors for pre-diabetes:

- high cholesterol
- high blood pressure
- 45 years or older
- parent, brother, or sister with type 2 diabetes
- not physically active for at least 3 times per week
- gestational diabetes
- gave birth to a 9+ pound baby
- polycystic ovarian syndrome

DOES EXERCISE HELP?

Staying physically active can help prevent type 2 diabetes.

- brings blood sugar levels down after eating
- maintains a healthy weight
- helps your body to use insulin more efficiently

SHOULD I CHANGE MY DIET?

A balanced diet can help reduce your risk for type 2 diabetes.

