

Prediabetes and DIABETES

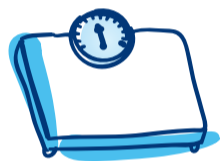


Prediabetes means you have a higher blood glucose (blood sugar) level than normal but not high enough to be diagnosed as type 2 diabetes.

1 in **3**

Approximately **88 million** American adults – **more than 1 in 3** – have prediabetes. Of those, more than **84%** don't know they have it.¹

Some risk factors are:



Being overweight

Family history of type 2 diabetes

Being age 45 or older

Belonging to an ethnic group at high risk

You can lower your risk for developing type 2 diabetes by:

Losing 5-7% of your body weight

Quitting smoking



Eating healthy foods

Doing moderate physical activity (such as brisk walking) 150 minutes/week



Don't forget!

Discuss your risk factors with your doctor and ask if you should get tested for **prediabetes** and **diabetes**

**Learn more about prediabetes at
Cornerstones4Care.com**

Reference: 1. Centers for Disease Control and Prevention. Prediabetes—your chance to prevent type 2 diabetes. <https://www.cdc.gov/diabetes/basics/prediabetes.html>. Accessed September 23, 2021.

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