

# What is Prediabetes?

When you have prediabetes, it means that your blood sugar is higher than normal but not high enough to have diabetes.

## How do I know if I have prediabetes?

Your provider will order a blood test to check your sugar level.

Blood Test	Prediabetes result
<b>A1c</b> (Your average blood sugar for the last 2 to 3 months)	5.7 to 6.4%
<b>Fasting Blood Sugar</b>	100 to 125 mg/dL
<b>Oral Glucose Tolerance Test (OGTT)</b> – A special sweet drink	140 to 199 mg/dL

## Signs and symptoms of prediabetes

There are no clear signs of prediabetes. Someone may have prediabetes and not even know it! Other people with prediabetes may have some of the signs of diabetes.



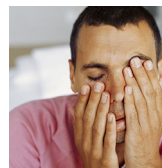
Thirsty



Urination (peeing)



Hungry



Tired

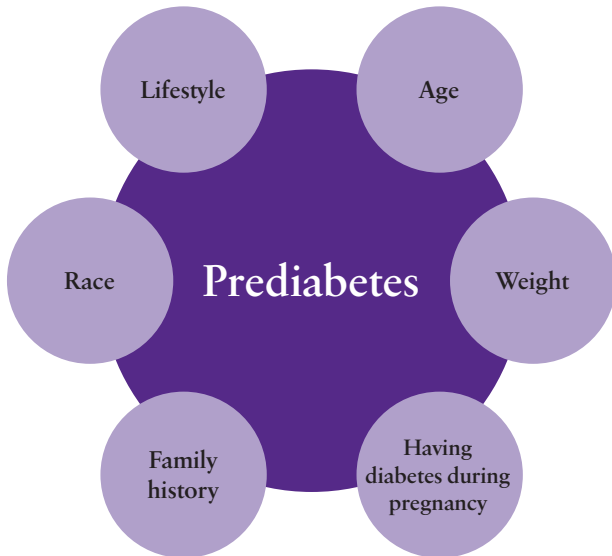


Blurred vision



Weight loss

## Who is at risk for getting prediabetes?



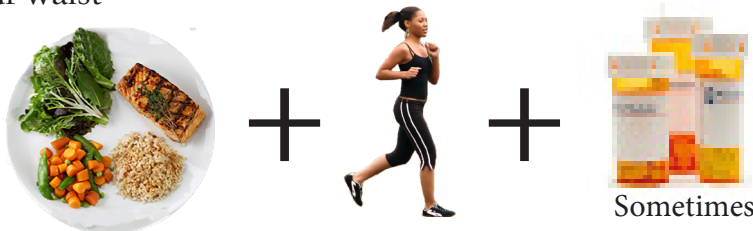
### People who:

- Have family with diabetes
- Are African American, Latino, Native American, Asian, Pacific Islander
- History of heart problems or high blood pressure
- Have high cholesterol levels
- Do not get much activity or exercise
- Are overweight (BMI above 24) – large around the waist
- Had diabetes during pregnancy
- Are 45 years or older

## Treatment of prediabetes

Good news! Just because you have prediabetes doesn't mean you will get type 2 diabetes. Making important changes to your way of living can help you prevent type 2 diabetes, including:

- Healthy eating
- Exercise
- Losing extra weight, especially around your waist
- Your provider may even prescribe a pill called Metformin



## Ways to keep you from having prediabetes:

- Move more – exercise for 150 minutes a week
- Lose weight to help control blood sugar
- Drink water instead of juices, soda and sugary drinks
- Eat less refined starchy foods such as white bread, flour tortillas, white pasta and pastries (baked foods or desserts).
- Choose more high fiber starchy foods such as 100% whole grain products, beans and brown rice.
- Eat more non starchy vegetables such as broccoli, green beans, cactus, greens and salads.
- Eat less fatty meats, processed meats and other high fat foods.