Diabetes Prevention Fact Sheet - DB794

Prediabetes? That’s a thing?

**Prediabetes means you have a much greater risk of developing Type 2 diabetes.** Prediabetes happens when your blood sugar (glucose) level is higher than normal, but not high enough to be diagnosed as diabetes. In Massachusetts, **35% of adults** have prediabetes, **but most of them don’t know they have it.**

Health risks for prediabetes and diabetes include being overweight or obese, high blood pressure or cholesterol, and being inactive.

Take the Risk Test

**See the reverse side for a risk test.** If your score shows you are at high risk, talk to your healthcare provider about getting tested for prediabetes. A blood test can diagnose prediabetes and diabetes.

**How can I lower my risk?**

By **improving your diet** and increasing **physical activity,** you can reverse prediabetes and reduce your risk of diabetes in the future. Making healthy food choices and getting regular physical activity can lower weight, blood pressure and cholesterol — and help you keep a normal blood sugar level. Lifestyle change programs that focus on diet and physical activity — like **the Diabetes Prevention Program** — are proven to cut your risk of type 2 diabetes by more than half.\*

The Diabetes Prevention Program

The Diabetes Prevention Program (DPP) is a year-long, group program held at a local YMCA or health center. This program can help individuals lose 5-7% of their weight, which lowers their risk for diabetes. A trained lifestyle coach will help you learn:

1. **- Practical ways to eat healthy**
2. **- How to add physical activity to your daily routine**
3. **- How to manage stress**

Joining a DPP may be free or you may be eligible for financial assistance. Contact a local program to learn more:**www.mass.gov/dph/preventdiabetes**

 \*National Institute of Diabetes and Digestive and Kidney Diseases, http://www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-dpp/Documents/DPP\_508.pdf

**Find out if you have prediabetes.**

**Take the risk test.**

**How old are you?**

Less than 40 years (0 points)

40—49 years (1 point)

50—59 years (2 points)

60 years or older (3 points)

**Are you a man or a woman?**

Man (1 point) Woman (0 points)

**If you are a woman, have you ever been diagnosed with gestational diabetes?**

Yes (1 point) No (0 points)

**Do you have a mother, father, sister, or brother with diabetes?**

Yes (1 point) No (0 points)

**Have you ever been diagnosed with high blood pressure?**

Yes (1 point) No (0 points)

**Are you physically active?**

Yes (0 points) No (1 point)

**What is your weight status?** (see chart below)



*Adapted from Bang et al., Ann Intern Med 151:775-783, 2009 Original algorithm was validated without gestational diabetes as part of the model.*

**If you scored 5 or higher:**

You’re likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). **Talk to your doctor to see if additional testing is needed.**

**Lower Your Risk**

Here’s the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

\*Adapted from the CDC, American Diabetes Association and American Medical Association “Do I have prediabetes? Risk Test.”

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