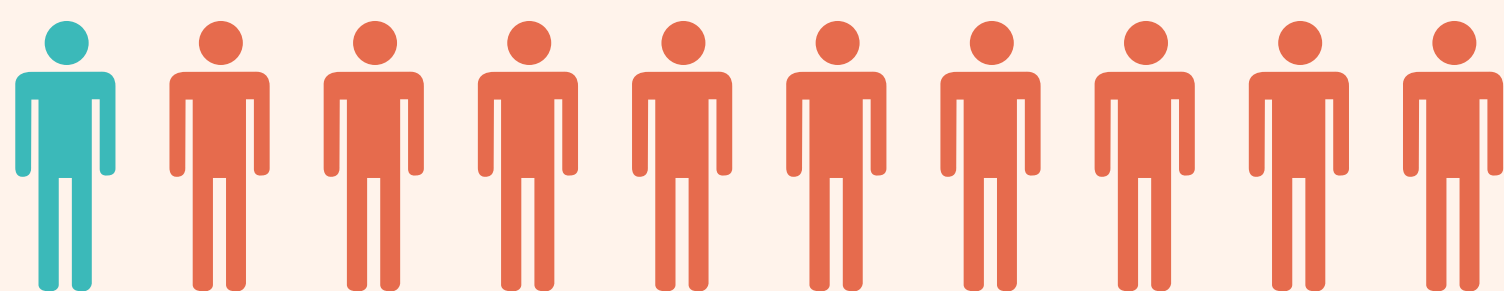
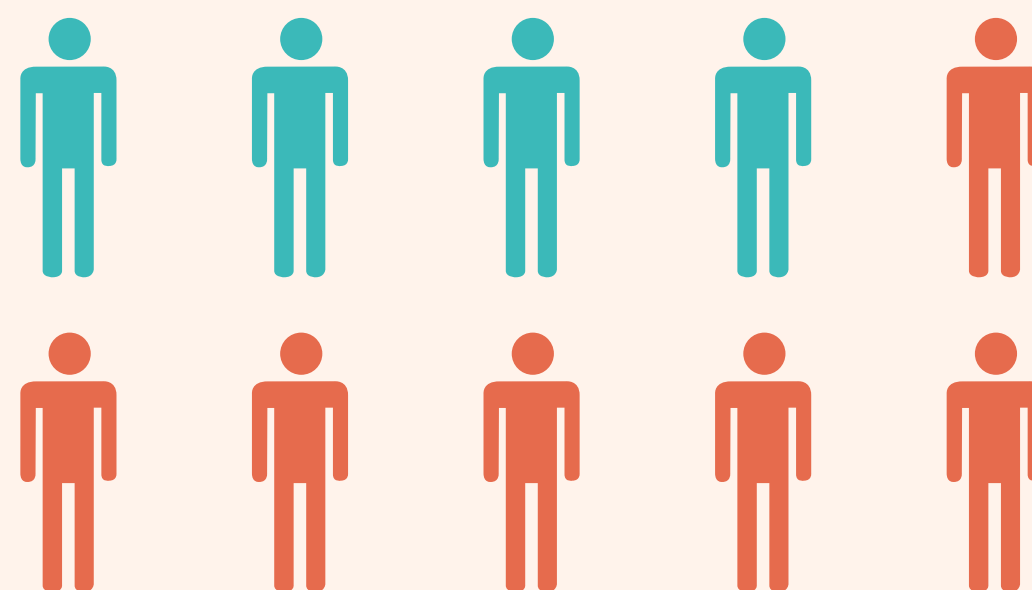


Prediabetes in North Dakota

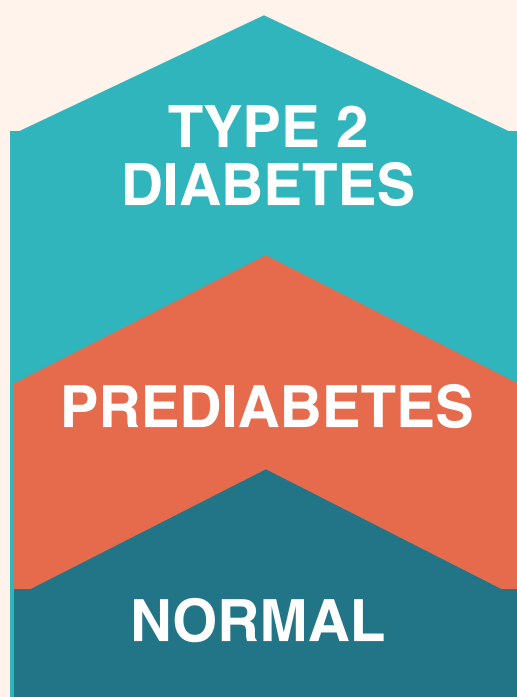
202
THOUSAND

202 thousand North Dakota adults 20 years and older - **about 4 out of 10** - have prediabetes



1 OUT OF **10**

North Dakota adults 20 years and older with prediabetes have been told they have it



Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes

Prediabetes increases your risk of:



TYPE 2 DIABETES



HEART DISEASE



STROKE



If you have prediabetes, losing weight by:



EATING HEALTHY



BEING MORE ACTIVE

can cut your risk of getting type 2 diabetes in

HALF





Without weight loss and moderate physical activity



15-30% of people with prediabetes will develop type 2 diabetes within 5 years

People who have diabetes are at higher risk of serious health complications:



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF TOES, FEET, OR LEGS

YOU CAN PREVENT TYPE 2 DIABETES

FIND OUT IF YOU HAVE PREDIABETES -

See your doctor to get your blood sugar tested



JOIN A CDC RECOGNIZED diabetes prevention program in North Dakota



✓ eat healthy
✓ be more active
✓ lose weight



LEARN MORE BY TAKING THE **Prediabetes Risk Quiz** AT
<https://doihaveprediabetes.org/prediabetes-risk-test.html>

FOR MORE INFORMATION ABOUT DIABETES PREVENTION PROGRAMS IN NORTH DAKOTA VISIT
<http://www.diabetesnd.org/?id=95>

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