

Prediabetes

Prediabetes

is when a person's blood sugars are higher than normal, but not high enough for that person to be diagnosed with diabetes.

Diabetes

is a disease where the body does not make or use insulin properly.



86 million

People in the U.S. have prediabetes.



1 in 3

One in three adults in Indiana has prediabetes.

Prediabetes

- 9 out of 10 people don't know they have prediabetes.
- Prediabetes can increase your risk of getting type 2 diabetes, heart disease or stroke.
- 15 to 30% of people with prediabetes will get type 2 diabetes within five (5) years.
- You can prevent or delay the disease through the [Diabetes Prevention Program \(DPP\)](#).
- Prediabetes is also known as: impaired fasting glucose, insulin resistance, impaired glucose tolerance, a little touch of sugar or borderline sugar.

Steps to reduce you chance of getting diabetes:

- Exercise for at least 150 minutes every week.
- Eat more fruits and vegetables.
- Try to lose weight.
- Join a Diabetes Prevention Program.

Risk factors for prediabetes

- Your chance of getting prediabetes increases after the age of 45.
- Men are more likely to get prediabetes than women.
- You are a woman who has had gestational diabetes or had a baby that weighed nine (9) pounds or more.
- You have a brother, sister, mother or father with diabetes.
- You have high blood pressure.
- You don't get enough exercise.
- You are overweight or obese.
- People who are Latino, African American, Asian, American Indian or Pacific Islander may have a higher risk of getting prediabetes.

Take action

- See your doctor once a year for check-ups— more often if you have a chronic disease like hypertension.
- Maintain a healthy blood pressure and cholesterol level. If you have been told that you have high blood pressure or cholesterol, ask your doctor about the [DASH diet](#).
- At mealtime, make half your plate fruits and veggies.
- Take a walk after lunch and dinner. Just 15 minutes can make a difference.
- Don't smoke or chew tobacco. If you do, talk to your doctor about the benefits of quitting.
- Get at least eight (8) hours of sleep a night.
- If your health changes, or you aren't feeling well, talk to your doctor.
- Talk to your doctor or a dietitian about lifestyle changes that could help improve your health.
- Go to www.choosemyplate.gov to find recipe ideas, online tools, and resources to help you eat healthier and move more.

Chronic disease resources

- Diabetes Self-Management Education and Support. Learn to live with diabetes. Find classes through the [Indiana Diabetes Education and Support Program Directory](#).
- [Diabetes Prevention Program \(DPP\)](#) is a lifestyle change program that helps to delay and/or prevent type 2 diabetes for individuals who are at risk.
- [Indiana's Community Health Centers](#) provide local primary health care services from a community perspective.
- [Indiana Perinatal Network](#) is a group of providers that seeks to improve the health of all mothers and babies.
- For problems with depression, addiction or other mental health services: [Community Mental Health Services Locator](#).
- [WISEWOMAN](#): (Well-Integrated Screening and Evaluation for Women Across the Nation Program) provides cardiovascular screening for women ages 40-64 who are participants in the Indiana Breast and Cervical Cancer Program (IN-BCCP).
- [Indiana Tobacco Quitline](#) is a free phone service to help Indiana smokers quit. For support call: 800-Quit-Now (800-784-8669).
- [Indiana Women, Infants and Children \(WIC\)](#) is a program helping mothers and babies improve access to nutritious food and achieve a healthier lifestyle.

References:

1. [Indiana State Department of Health. Behavioral Risk Factor Surveillance System, 2011-2014.](#)
2. Prediabetes. (2015, September 16). Retrieved November 15, 2016, from <https://www.cdc.gov/diabetes/basics/prediabetes.html>