YOU HAVE THE POWER TO LIVE YOUR BEST LIFE

By learning more about prediabetes and making healthy changes, you can reduce your risk of type 2 diabetes, heart disease, and stroke.

Prediabetes means your blood sugar levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes.

32% of Hispanics have prediabetes.

Only 1 IN 14 are aware that they do.

Anyone can have prediabetes, but your risk is higher if you:

- Are 45 or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active less than three times per week
- Got diabetes while pregnant
- Gave birth to a baby who weighed more than nine pounds

PREDIABETES CAN LEAD TO TYPE 2 DIABETES

That means you could develop other serious health conditions, including:

- Diabetic eye disease
- Kidney failure
- Heart disease
- Stroke
- Loss of toes, feet, or legs

50% of Hispanic adults in the United States are expected to develop type 2 diabetes—a 10% higher rate than average.

The percentage of people with type 2 diabetes is higher in our county than the rest of the state.

9.4 United States
WHAT YOU CAN DO TO REDUCE YOUR RISK

GET SCREENED

CDC offers both online and printable prediabetes screening tests.

If you find that you’re at risk, talk to a healthcare professional about getting a blood sugar test.

ENROLL IN A LIFESTYLE CHANGE PROGRAM

If you’re diagnosed with prediabetes, a CDC-recognized program can help you prevent or delay the development of type 2 diabetes.

You won’t be alone! Whether you participate in person or online, you’ll have a network of support, thanks to the other members in your group and a trained lifestyle coach who will be there every step of the way.

“I prevent type 2 diabetes so I can keep traveling, taking pictures, and enjoying my family.”

— Suzi Gomez, 53
Lifestyle change program participant

GET ACTIVE

Dance to your favorite music.

Walk around when you talk on the phone with family and friends.

Take the stairs instead of elevators or escalators.

EAT HEALTHY

Making small changes to your diet will help you maintain a healthy weight.

Look for foods that are:

High in vitamins and minerals like spinach, tomatillos, and yuca.

High in fiber and water like papayas, bananas, and oats/oatmeal.

High in protein like unfried beans, eggs, and lean meats.

TAKE THE FIRST STEP TOWARD A HEALTHIER FUTURE

To learn more and find a lifestyle change program near you, visit cdc.gov/diabetes/prevention.

SOURCES