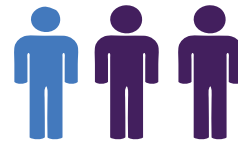


# PREDIABETES

Prediabetes is a condition where people have higher than normal blood glucose levels, but not yet high enough to be diagnosed with diabetes. People with prediabetes are at high risk for developing type 2 diabetes.

**1 in 3**  
people have prediabetes,  
*and most don't know it*



Could  
it be  
**YOU?**

## Risk Factors

You could be at risk for developing type 2 diabetes if you...

are overweight/obese

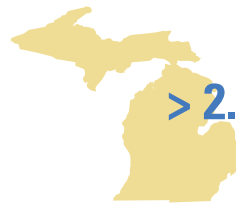
are over the age of 45

aren't regularly physically active

have a family history of type 2 diabetes

have African American, Hispanic/Latino, American Indian, Pacific Islander, or another racial/ethnic minority background

were diagnosed with gestational diabetes during pregnancy



**> 2.6 million**

*Over 2.6 million adults in Michigan have prediabetes, and most don't know it*



*Your doctor can test your blood to find out if your blood glucose levels are higher than normal*

## Type 2 Diabetes Prevention is Possible



Adapt a healthy, balanced diet



Lose 5-7% of your body weight



Be physically active for 150 minutes per week



## DIABETES PREVENTION PROGRAM

Adults across Michigan have made the necessary lifestyle changes to prevent type 2 diabetes by joining our Diabetes Prevention Program.

**>1,550**  
participants since 2012

**>15,700**  
participant pounds lost

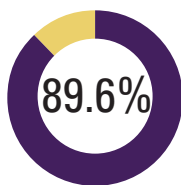


**5.98%**  
average participant weight loss

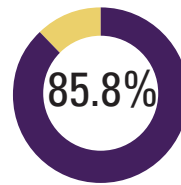
**187**  
average minutes of physical activity per week



After completing the first 16 weeks of the program, actively engaged participants said they were confident to make lifestyle changes to meet their weight goals.



*89.6% of participants are confident in their ability to eat healthier*



*85.8% of participants are confident in their ability to be active 150 minutes per week*