**PREDIABETES: ARE YOU AT RISK?**

1 OUT OF 3 ADULTS HAVE PREDIABETES

IN NEW HAMPSHIRE ONLY 6.8% OF ADULTS KNOW THEY HAVE PREDIABETES

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**NO DIABETES**
- Fasting blood sugar less than 100
- A1C – less than 5.7%

**PREDIABETES**
- Fasting blood sugar 100 to 125
- A1C – 5.7 to 6.4%

**DIABETES**
- Fasting blood sugar 126 or higher
- A1C – 6.5% or higher

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

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**RISK FACTORS FOR PREDIABETES**

- Having diabetes while pregnant (gestational diabetes)
- Having a family history
- Being overweight
- Being 45 years of age or older
- Being physically inactive

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**WITHOUT**
- **✓** Weight loss
- **✓** Moderate physical activity

15 TO 30% OF PEOPLE WITH PREDIABETES WILL DEVELOP TYPE 2 DIABETES

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**TYPE 2 DIABETES IS A SERIOUS HEALTH CONDITION THAT CAN LEAD TO...**

- Blindness
- Heart attack
- Kidney failure
- Loss of toes, feet, or legs

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**YOU CAN PREVENT TYPE 2 DIABETES**

- Be more active
- Eat healthier
- Lose weight

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CLICK OR SCAN

To take the prediabetes risk test now!