What is Diabetes?
Nearly 29.1 million Americans have diabetes, a serious disease in which blood glucose (blood sugar) levels are above normal. Most people with diabetes have type 2, formerly known as adult-onset diabetes.

Diabetes can lead to problems such as heart disease, stroke, vision loss, and kidney disease. Many people don’t find out they have diabetes until they are faced with problems such as blurry vision or heart trouble. That’s why you need to know if you are at risk for diabetes.

What is Prediabetes?
Before people develop type 2 diabetes, they usually have “prediabetes”—which means their blood glucose levels are higher than normal, but not yet high enough to be called diabetes. People with prediabetes are more likely to develop diabetes within 10 years and they are more likely to have a heart attack or stroke.

Diabetes prevention is proven, possible, and powerful. Studies show people at high risk for diabetes can prevent or delay the onset of the disease by losing 5 to 7 percent of their weight, if they are overweight.

Two Keys to Success
1. Get at least 30 minutes of moderate-intensity physical activity five days a week
2. Eat a variety of foods which are low in fat and reduce the number of calories you eat per day