

SURPRISE!

YOU MAY HAVE PREDIABETES

 IDAHO PREVENTS DIABETES



PREDIABETES

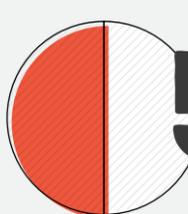
means your blood sugar is higher than normal. You don't have diabetes yet, but you are at risk for getting it.

35%



OF ADULTS IN IDAHO

ARE ESTIMATED TO HAVE PREDIABETES



**50% OF PEOPLE
IN IDAHO
65 AND OLDER**

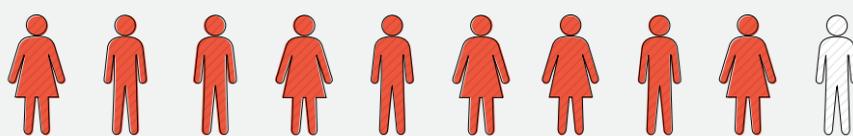
ARE ESTIMATED TO HAVE PREDIABETES

WITHOUT MODERATE PHYSICAL ACTIVITY

or weight loss, up to 1/3 of people with prediabetes will develop diabetes within 5 years.



9 OUT OF 10 PEOPLE WITH
DON'T KNOW THEY HAVE IT. PREDIABETES



HIGHER RISK GROUPS FOR PREDIABETES:

ALL ADULTS AGES

45+



RACE & ETHNICITY

ALSO AFFECT YOUR RISK.

especially African Americans,
American Indians, Asian Americans,
Hispanics/Latinos, and
Pacific Islanders

MOTHERS WHO HAVE/HAD

**GESTATIONAL
DIABETES**



60 SECONDS

CAN DETERMINE YOUR RISK LEVEL

TAKE THE PREDIABETES QUIZ TODAY!

preventdiabetes.dhw.idaho.gov