

# 1 IN 3 AMERICAN ADULTS HAS PREDIABETES. DO YOU?



Visit [doihaveprediabetes.org](https://doihaveprediabetes.org) to take the risk test!  
After taking the test, see the other side for next steps.

## What's the Risk?

**Prediabetes increases the risk** of Type 2 Diabetes, Heart Disease, and Stroke.

With prediabetes your blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes.



If you think you may be at risk, a health care provider can do a blood test to see if you have diabetes or prediabetes.

## What Can You Do?

**Make lifestyle changes** such as **eating healthy**, incorporating **physical activity** into your daily routine, **manage stress**, and **cope with challenges** that can derail your hard work. Even **small changes** can help reduce your risk of getting Type 2 Diabetes.



## Need Help?

**Learn more** about prediabetes and local diabetes prevention programs at [smchd.org/dpp](https://smchd.org/dpp).

301-475-4330

