

# Understanding Prediabetes and Type 2 Diabetes

## Prediabetes

**Prediabetes** means blood sugar levels are higher than normal but not high enough to be diagnosed with type 2 diabetes. Prediabetes can progress to type 2 diabetes if not addressed. Healthy lifestyle choices can lower the risk of prediabetes and may prevent or delay type 2 diabetes.

## Type 2 Diabetes

**Type 2 diabetes** is a health condition where the body is not making enough or develops resistance to insulin, a hormone that regulates blood sugar. This means that food can't be used for fuel and sugar builds up in the blood. Without treatment this can cause serious problems with the heart, brain, and eyes.

## The Power of Prevention

For many people, prediabetes does not have to turn into type 2 diabetes. Many complications of type 2 diabetes can also be prevented or delayed. **Knowing your risk and making healthy lifestyle changes can help you take control of your health.**

### Type 2 Diabetes Risk Factors

- Being overweight or obese
- Family history of diabetes
- High blood pressure
- High lipids (blood fat)
- Blood vessel disease
- History of gestational diabetes
- Polycystic ovarian syndrome (PCOS)
- Being 35 years old or older
- Getting less than 30 minutes of physical activity daily
- Are African American, Latino, Native American, Asian American, or Pacific Islander
- Have a medical condition associated with insulin resistance
- Are taking medications which can increase blood sugar

### Healthy Lifestyle Changes

#### Improve your diet

- Fill half your plate with fruits and vegetables
- Swap water for sugary drinks
- Limit salt, fat, and sugar intake
- Practice portion control and follow serving suggestions

#### Increase physical activity

- Aim for 30 minutes of physical activity most days per week
- Activities such as walking, seated fitness, or yoga

