



# PREDIABETES

## *Keep It In Check*

The number of adult Americans with prediabetes is a staggering 86 million. That's more than 1 out of 3 American adults. Among those age 65 and older, half have prediabetes.

If your doctor has told you that you have prediabetes, you are ahead of the game. That's because 9 out of 10 people with prediabetes don't even know they have it.

You can cut your risk of getting type 2 diabetes in half by eating healthy and being more active. Without weight loss and moderate activity, 15 to 30 percent will develop type 2 diabetes within 5 years.

Prediabetes is when your blood sugar level is higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Your doctor has three ways to diagnose type 2 diabetes and prediabetes:

**Fasting glucose test.** This measures blood glucose in people who have not eaten anything for at least 8 hours. Fasting glucose levels of 100 to 125 mg/dL are diagnostic of impaired fasting glucose, also called prediabetes.

**Glucose Tolerance Test.** This test measures blood glucose after people fast for at least 8 hours, and two hours after they drink a sweet liquid provided by a doctor or laboratory. A blood glucose level between 140 and 199 mg/dL is called impaired glucose tolerance, also called prediabetes.

**Hemoglobin A1c test.** This test measures the amount of glucose that is on the red blood cells. An A1c value of 5.7% to 6.4% indicates prediabetes.

If you have prediabetes, the Centers for Disease Control and Prevention (CDC) recommends you enroll in an evidence-based lifestyle change program to lower your chances of getting type 2 diabetes. On the CDC website, the National Registry of Recognized Diabetes Prevention Programs lists contact information for organizations offering lifestyle classes

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in communities across the United States.

The organizations listed in this registry have "pending recognition" from the DPRP. This means they have agreed to the curriculum, duration, intensity and reporting requirements described in the DPRP Standards. Community Health Interventions & Sickle Cell Agency, Inc. is one such program. It is located at 2409 Murchison Road in Fayetteville. For more information, please call (910) 488-6118.



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