

What you need to know about prediabetes



Prediabetes

What is prediabetes?

Prediabetes means that your blood sugar levels are high, but not high enough to have diabetes.

Prediabetes could potentially lead to the development of type 2 diabetes and heart disease. If you have prediabetes, taking action today for a healthier lifestyle may help prevent or delay type 2 diabetes.



Prediabetes can lead to:



Type 2 diabetes



Heart disease



Stroke



Blindness

More than 1 out of 3 American adults have prediabetes.

How is prediabetes diagnosed?

These blood tests are used for diagnosing prediabetes:

Fasting Plasma Glucose (FPG): This test checks your blood sugar levels after an 8-hour fast.

This means that you should not eat or drink anything but water for at least 8 hours before the test. It is usually done in the morning before breakfast.

Oral Glucose Tolerance Test (OGTT): This test is usually done during pregnancy. For this test, following an 8-hour fast you'll get a sugary drink, and 2 hours later you'll have blood drawn.

A1C: This test checks your average blood sugar level over the past 2-3 months.



Understanding your test results

This chart shows the test results that are associated with prediabetes or diabetes diagnosis.

Blood test	Prediabetes diagnosis	Diabetes diagnosis
Fasting Plasma Glucose	100–125 mg/dL	126 mg/dL or higher
Oral Glucose Tolerance Test	140–199 mg/dL	200 mg/dL or higher
A1C	5.7%–6.4%	6.5% or higher

Ask your doctor for your blood test results. For your records, write your numbers here:

Date	Test Type	Results	Goal	Notes

How often should I have my blood sugar tested?

If you have prediabetes, you should have these blood tests done yearly or as recommended by your healthcare team.



Your healthcare team may also refer to prediabetes as **impaired glucose tolerance** or **impaired fasting glucose**.

Are you at risk for prediabetes?

Prediabetes usually does not have any symptoms, so it is important to know your risks. If you have overweight or obesity (BMI $\geq 25\text{kg/m}^2$ or $\geq 23\text{ kg/m}^2$ in Asian Americans), your doctor may test you for prediabetes if you have one or more other risks. Check the “Yes” or “No” box by each question to learn about your risks.

Do you have overweight or obesity?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you get less than 30 minutes of physical activity five times per week?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Are you older than 35?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does type 2 diabetes run in your family (parent or sibling)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Are you African American, Hispanic, Native American, Asian American, or Pacific Islander?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you been diagnosed with hypertension ($\geq 130/80$ mmHg)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Are you currently taking medication for hypertension?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you ever been told you have or had cardiovascular disease?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is your HDL (good cholesterol) lower than 35 mg/dL?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Are your triglycerides more than 250 mg/dL?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you had diabetes during a pregnancy?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you ever had a baby weighing 9 or more pounds?	<input type="checkbox"/> Yes <input type="checkbox"/> No
If you are a woman, have you been diagnosed with polycystic ovary syndrome, also known as PCOS?	<input type="checkbox"/> Yes <input type="checkbox"/> No



If you answer “Yes” to one of the questions, talk to your healthcare provider about your prediabetes risks.

What can you do if you have prediabetes?

Make an action plan

Taking small steps can help you make healthy lifestyle changes:

Set goals that are specific and realistic

Set a deadline for meeting your goals that you know you can achieve

Talk with your healthcare team about an action plan for meeting your goals.

Lower Your Risk:





Making healthy food choices + **Being more active** + **Losing weight**

may lower the risk for type 2 diabetes

Your goal	Your action plan	Due date
Walk at least 30 minutes a day, 5 days a week	<ul style="list-style-type: none"> Walk for 30 minutes with my neighbor after dinner every Monday, Wednesday, Friday Walk the dog for 30 minutes in the morning every Tuesday and Thursday 	Over the next 6 weeks

- If you have overweight or obesity, losing 7% of your total weight may help make a difference in your health.
- Talk to your healthcare provider about starting moderate physical activity. Brisk walking for 30 minutes a day, 5 days a week can make a difference.





Where can you get more information on prediabetes?

American Diabetes Association

- <https://www.diabetes.org/diabetes-risk>
- 1-800-DIABETES (1-800-342-2383)

Center For Disease Control: National Diabetes Prevention Program

- <https://www.cdc.gov/diabetes/prevention/about-prediabetes.html>
- 1-800-CDC-INFO (1-800-232-4636)