

# Health tip: Prediabetes

Prediabetes affects approximately 1 in 3 Americans (88 million individuals), with 84% unaware of their condition.

It is a reversible condition characterized by elevated blood glucose levels that, if unmanaged, may progress to Type 2 diabetes. Type 2 diabetes may lead to severe complications such as cardiovascular disease, kidney damage, and nerve impairment.<sup>1</sup>

## Risk factors<sup>2</sup>

- **Non-modifiable** – Family history, age, ethnicity, medical history.
- **Modifiable** – Weight, inactivity, poor diet, smoking, inadequate sleep.



This quick, simple screening test developed by the American Diabetes Association will tell you your risk for prediabetes. There are 7 questions related to risk factors. Take a minute, invest in yourself, and share your score with your health care provider to discuss your risk for prediabetes.<sup>3</sup>

## Signs and symptoms<sup>2</sup>

Prediabetes is often symptomless but may present with darkened skin patches. Progression to Type 2 diabetes is indicated by:

- Increased thirst and urination
- Excess hunger
- Fatigue and blurred vision



## What is prediabetes?

Prediabetes means your blood glucose, or blood sugar, levels are higher than normal – but not high enough to be diagnosed as diabetes.<sup>2</sup>



**The most serious consequence of prediabetes is the progression to Type 2 diabetes.**

## Reversing prediabetes<sup>4</sup>

Reversal is possible with better glucose management.

Ways to achieve this may include:

- **Healthier eating** – A diet rich in fiber, fruits, vegetables, protein, healthier fats, and whole grains. Limiting processed foods, especially refined and processed carbohydrates, added sugars and sugary beverages. Lower glucose response by incorporating fibrous whole plant foods and protein at each meal.
- **Physical activity** – At least 150 minutes of moderate activity weekly (e.g., walking) or 75 minutes of vigorous activity over the course of the week. Moving after meals may support lower glucose levels.
- **Weight management** – Losing 5%-7% of body weight may reduce diabetes risk.
- **Smoking cessation** – Quitting smoking decreases risk and improves overall health.
- **Medication** – As prescribed by a healthcare provider.

## Prevention and management<sup>5</sup>

The CDC Diabetes Prevention Program lifestyle change program offers structured support to implement sustainable lifestyle changes, helping participants lower their risk of Type 2 diabetes by up to 58% (71% for those over 60). Key components include:

- Stress management
- Physical activity
- Healthier eating habits
- Peer support networks



### Sources:

1 CDC. <https://www.cdc.gov/diabetes/prevention-type-2/truth-about-prediabetes.html> 2024. Accessed June 2025.

2 Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/prediabetes/symptoms-causes/syc-20355278>. 2023. Accessed June 2025.

3 CDC. <https://www.cdc.gov/prediabetes/pdf/Prediabetes-Risk-Test-Final.pdf>. Accessed June 2025.

4 CDC. <https://www.cdc.gov/diabetes/prevention-type-2/index.html>. 2024. Accessed June 2025.

5 CDC. <https://www.cdc.gov/diabetes/prevention-type-2/prediabetes-prevent-type-2.html>. 2024. Accessed June 2025.

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