

PREDIABETES

Prediabetes is a condition where people have higher than normal blood glucose levels, but not yet high enough to be diagnosed with diabetes. People with prediabetes are at high risk for developing type 2 diabetes.

1 in 3 people have prediabetes, and most don't know it



Could it be YOU?

Risk Factors

You could be at risk for developing type 2 diabetes if you...

are overweight/obese

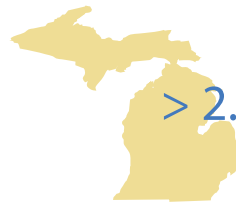
are over the age of 45

aren't regularly physically active

have a family history of type 2 diabetes

have African American, Hispanic/Latino, American Indian, Pacific Islander, or another racial/ethnic minority background

were diagnosed with gestational diabetes during pregnancy



> 2.7 million

Over 2.7 million adults in Michigan have prediabetes, and most don't know it



Your doctor can test your blood to find out if your blood glucose levels are higher than normal

Type 2 Diabetes Prevention is Possible



Adapt a healthy, balanced diet



Lose 5-7% of your body weight



Be physically active for 150 minutes per week



DIABETES PREVENTION PROGRAM

National Kidney Foundation of Michigan (NKFM) Participant Risk Reduction over 12 Months:

82% achieved risk reduction (vs. 60% CDC target)

Weight Loss Goal:
NKFM Average: 6.4%
CDC Target: 5%



87% Program Retention Rate (vs. 50% CDC target)

150 average minutes of physical activity per week



Adults across Michigan have made the necessary lifestyle changes to prevent type 2 diabetes by joining the NKFM's Diabetes Prevention Program. After completing the first half of the program, actively engaged participants were confident in their ability to maintain their healthy lifestyle.

Learn more at ReadySetPrevent.org