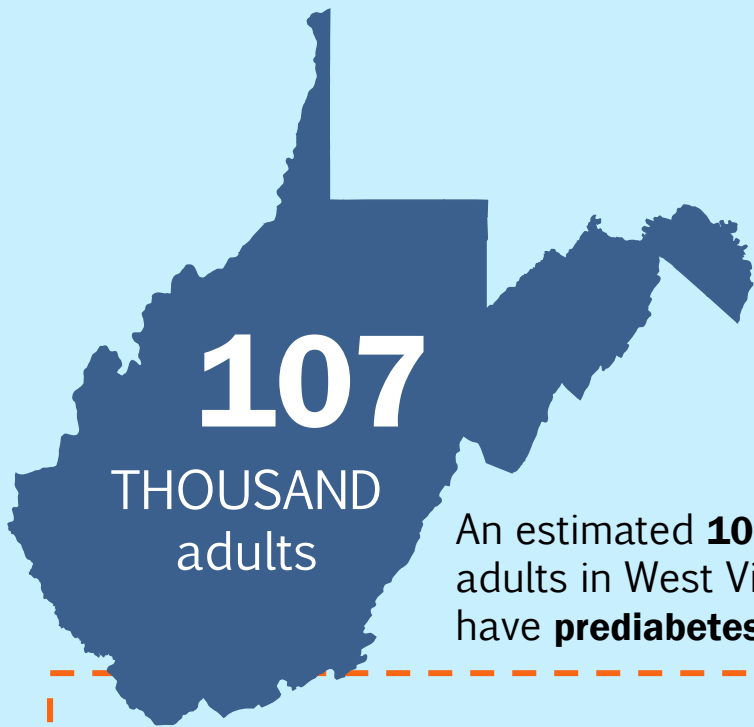


Prediabetes in West Virginia



An estimated **107,896** adults in West Virginia have **prediabetes**.

Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes.

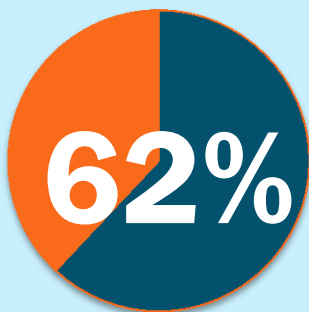
If you have prediabetes...

Losing weight by eating healthy and being more active can cut the risk of type 2 diabetes in **HALF**

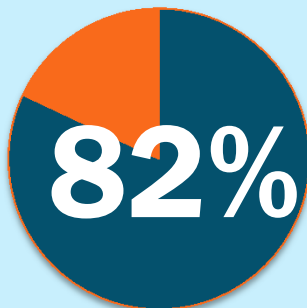
BUT

Without losing weight and being more active, **15–30%** of people with prediabetes will develop type 2 diabetes **WITHIN 5 YEARS**

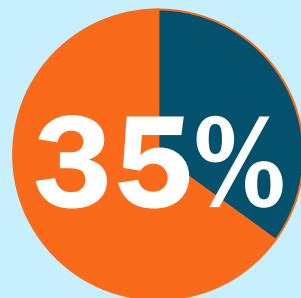
→ Among adults in West Virginia with prediabetes: ----->



62% have high blood pressure



82% are obese or overweight



35% are physically inactive

These factors increase the risk of prediabetes:



Prediabetes increases the risk of:



Heart disease

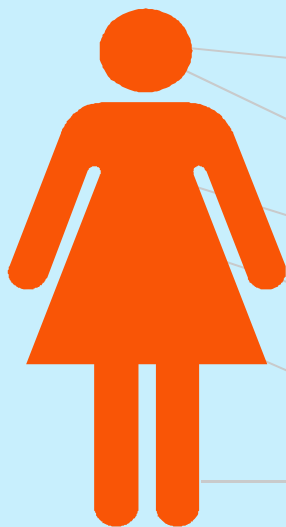


Stroke



Type 2 diabetes

Diabetes causes serious health issues:



Vision loss

Stroke

Heart disease

Pregnancy complications

Kidney disease

Loss of limb

Type 2 diabetes may be prevented by:

1. Eating healthy
2. Being more active and
3. Losing weight

The NDPP teaches participants strategies for eating healthy and incorporating physical activity into daily life. Coaches work with participants in groups to identify emotions and situations that can sabotage their success.

National Diabetes Prevention Program in West Virginia

Contact the West Virginia Division of Health Promotion and Chronic Disease at 304-356-4193, or visit the NDPP website: www.cdc.gov/diabetes/prevention

References

West Virginia Health Statistics Center, Behavioral Risk Factor Surveillance System, 2013

Division of Diabetes Translation National Center for Chronic Disease Prevention and Health Promotion, October 2014