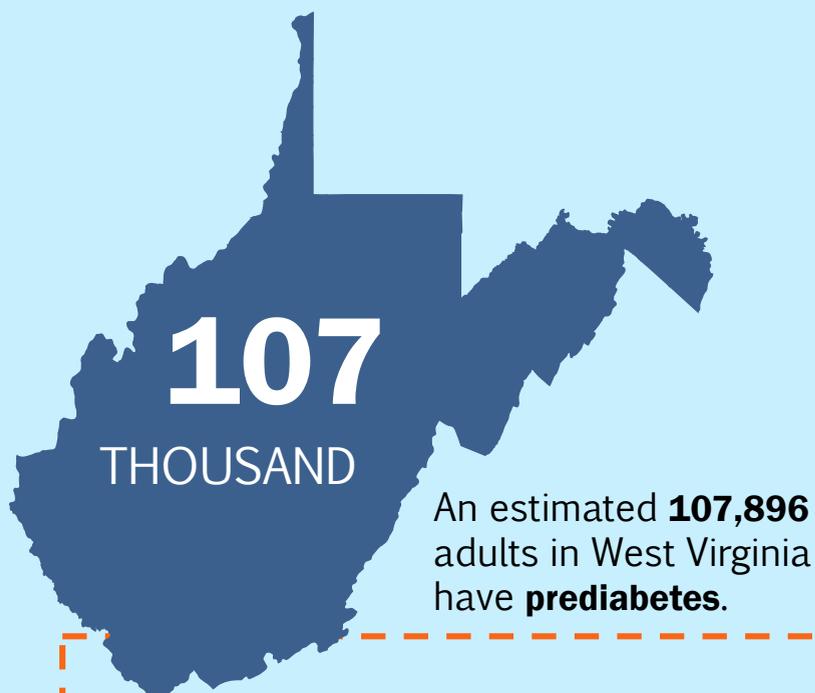


Prediabetes in West Virginia



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

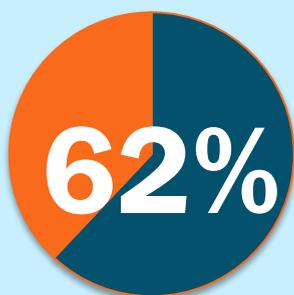
If you have prediabetes,

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

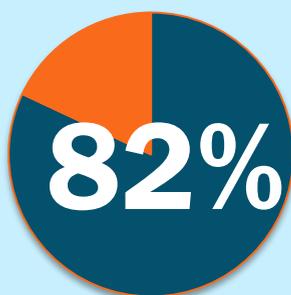
BUT

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

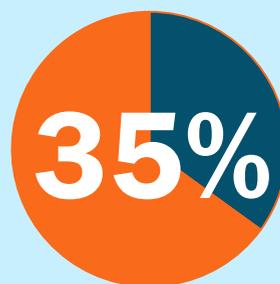
→ Among adults in West Virginia with prediabetes:



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

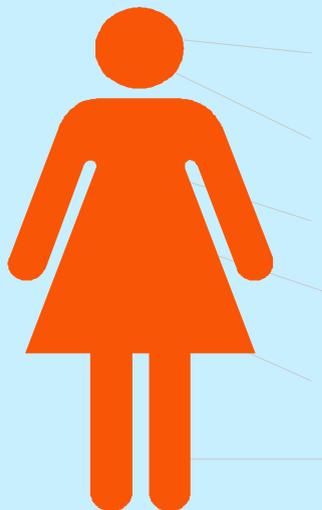


Stroke



Type 2 diabetes

Diabetes causes serious health issues:



Vision loss

Stroke

Heart disease

Pregnancy complications

Kidney disease

Loss of limb

Type 2 diabetes can be prevented by:

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

The National Diabetes Prevention Program teaches participants how to lose a modest amount of weight and strategies for healthy living.

National Diabetes Prevention Program in West Virginia

Visit our website www.wvchronicdisease.org to find classes in your area.

Contact the Division of Health Promotion and Chronic Disease at 304-356-4193 for more information.