

What is Prediabetes?

Prediabetes is a condition in which your blood sugar levels are higher than normal but not yet high enough to be diagnosed as type 2 diabetes. Without intervention, prediabetes can progress to type 2 diabetes.

Do You Have Prediabetes?

Are You At Risk for Developing Type 2 Diabetes?

 **1** OUT OF **3** adults has prediabetes

9 OUT OF **10**  don't know they have it

Who is at Risk?

- Overweight or obese individuals
- Those with a family history of diabetes
- Sedentary individuals
- People aged 45 and older
- Individuals with high blood pressure or cholesterol
- Women who had gestational diabetes during pregnancy

Why is Prediabetes Important?

Prediabetes is a warning sign that your body is having trouble processing glucose. If left untreated, it can lead to serious health problems, including heart disease, stroke, and type 2 diabetes.

Contact Us



Contact

919-587-3511

diabeteshealthcheck@unchealth.unc.edu



Website

diabeteshealthcheck.org



Address

2700 Wayne Memorial Drive,
Goldsboro, NC 27534



FREE Events & Classes

Visit our website for a schedule of screening events and educational opportunities.



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Diabetes HealthCheck
**Understanding
Prediabetes: Take
Control of Your
Health**

Research shows that making lifestyle changes can delay or even prevent the progression from pre diabetes to type 2 diabetes. By taking action now, you can protect your health and well-being for years to come.

How Can You Know if You Have Prediabetes?

You may have prediabetes and not even know it, as there are often no symptoms. The best way to know is through a simple blood test called the A1C test or fasting plasma glucose test.

	A1C test	Fasting Glucose
Normal	5.6% or less	Less than 100 mg/dL
Prediabetes	5.7% - 6.4%	100 to 125 mg/dL
Diabetes	6.5% or higher	126 mg/dL or higher

Take the First Step Today! Don't wait until it's too late. Take charge of your health and reduce your risk of developing type 2 diabetes. Talk to your healthcare provider about getting tested for prediabetes and start making positive changes today.



Take Control of Your Health:

Prediabetes can be reversed!

- **Eat a Healthy Diet:** Choose foods low in sugar, saturated fats, and refined carbohydrates. Focus on fruits, vegetables, lean proteins, and whole grains.
- **Get Active:** Aim for at least 30 minutes of moderate exercise, such as brisk walking, most days of the week (at least 150 minutes per week).
- **Lose Weight:** If you're overweight, losing even a small amount of weight (5-7%) can significantly reduce your risk of developing type 2 diabetes.
- **Monitor Your Blood Sugar:** Keep track of your blood sugar levels regularly to catch any changes early.
- **Get Regular Checkups:** Visit your healthcare provider regularly for checkups and screenings.

Additional Resources:

- American Diabetes Association: www.diabetes.org
- Centers for Disease Control and Prevention (CDC): www.cdc.gov/diabetes
- Diabetes North Carolina <https://www.diabetesnc.com/>
- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK): www.niddk.nih.gov/diabetes

Diabetes Prevention Program

The CDC's Diabetes Prevention Program (DPP) is a year-long lifestyle change program designed to prevent or delay the onset of type 2 diabetes among individuals at high risk for the disease, particularly those with prediabetes. The program focuses on healthy eating, regular physical activity, and behavior modification to achieve and maintain a modest weight loss.

How to Find a Diabetes Prevention Program:

Wayne County Health Department
Diabetes Prevention Program
301 N Herman St. Goldsboro, NC
(919) 731-1000

Visit the CDC's National Diabetes Prevention Program website and find the Lifestyle Change Program that is right for you!

<https://www.cdc.gov/diabetes-prevention/lifestyle-change-program/find-a-program.html>

To learn more about healthy living, join us for FREE educational seminars at UNC Health Wayne. For more information visit our website

www.diabeteshealthcheck.org