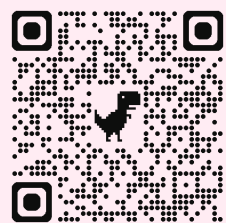


More than 1 in 3
have
PREDIABETES

RISK FACTORS

- OLDER AGE
- NON-WHITE RACE/ETHNICITY
- HAVE A PARENT OR SIBLING WITH DIABETES
- HAVE OVERWEIGHT OR OBESITY
- ARE PHYSICALLY ACTIVE LESS THAN 3 TIMES A WEEK
- HAD DIABETES DURING PREGNANCY
- OTHER RISK FACTORS CAN INCLUDE HAVING HIGH BLOOD PRESSURE, HIGH TRIGLYCERIDE LEVELS AND LOW HDL-C LEVELS
- TAKE THE ADA RISK TEST:



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DIAGNOSIS

- **FASTING BLOOD SUGAR:**
 - 100-125 MG/DL
- **2-HOUR BLOOD SUGAR (DURING ORAL GLUCOSE TOLERANCE TEST):**
 - 140-199 MG/DL
- **AVERAGE BLOOD SUGAR BY A1C TEST:**
 - 5.7-6.4%

INTERVENTION

- IF YOU HAVE PREDIABETES, LOSING WEIGHT BY EATING HEALTHY AND BEING MORE ACTIVE, CAN CUT YOUR RISK OF TYPE 2 DIABETES

 **in half.**

- STANFORD OFFERS DIABETES PREVENTION PROGRAMS
- [HTTPS://STANFORDHEALTHCARE.ORG/MEDICAL-CLINICS/ DIABETES-CARE.HTML](https://stanfordhealthcare.org/medical-clinics/diabetes-care.html)

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