



# WHAT IS PREDIABETES?

When your blood sugar levels are higher than normal but not yet high enough for you to be diagnosed with type 2 diabetes, you may have prediabetes.

**But if I don't yet have type 2 diabetes, what's the big deal?**

Think of prediabetes as a warning sign that full-on diabetes is on the horizon. It's important to know the facts to protect your health.

## IT'S RIGHT HERE AT HOME

South Dakotans are feeling the effects of diabetes.



**1 OUT OF 3**

**1 out of 3**  
American adults  
have prediabetes

**200K+**



**200,000-plus**  
South Dakotan  
adults have  
prediabetes and  
are at risk for  
developing  
type 2 diabetes



**9 out of 10** people  
with prediabetes  
don't know they  
have it

## LEARN

If left untreated, as much as **30% of people with prediabetes develop type 2 diabetes** within five years. Type 2 diabetes increases the risk of developing:



**HEART  
DISEASE**



**STROKE**



**BLINDNESS**



**KIDNEY  
FAILURE**



**LOSS OF  
LIMBS**

## DIAGNOSE

Your doctor can determine if your blood sugar levels are too high – **set up an appointment to get tested and know your chances of having prediabetes now and type 2 diabetes in the future.**

## PREVENT

Luckily, if you are diagnosed with prediabetes, there are things you can do to help prevent progression to type 2 diabetes. You can:



**STAY  
ACTIVE**



**EAT  
HEALTHY**



**LOSE  
WEIGHT**

Ask your doctor about the National Diabetes Prevention Program which will help you to learn to stay active, eat healthy, and lose weight.

## QUESTIONS

**To learn more about prediabetes, type 2 diabetes, and the National Diabetes Prevention Program visit:**

South Dakota Department of Health Diabetes  
Prevention and Control Program

**[diabetes.sd.gov](http://diabetes.sd.gov)**

South Dakota Diabetes Coalition  
**[SDDiabetesCoalition.org](http://SDDiabetesCoalition.org)**