

Hecel Oyate Kin Nipi Kte



"So that the People May Live"

Could you have prediabetes?



PREDIABETES

- Type 2 diabetes is preventable! If you have prediabetes it's a warning sign and a chance to prevent type 2 diabetes and live a healthy life.
- 9 out of 10 people with prediabetes do not know they have it.
- Without weight loss and moderate physical activity 15-30 % of people with prediabetes will develop type 2 diabetes within 5 years.

Find out if you have prediabetes. Take the Prediabetes Risk Quiz at www.cdc.gov/diabetes/prevention

If you think you are at risk ask your doctor for one of these blood sugar tests:

- A1C
- Fasting Blood Sugar (FBS) Test
- Oral Glucose Tolerance (OGT) Test

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

Great Plains Good Health and Wellness Program
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