



HEALTH AWARENESS

PREDIABETES IS A SERIOUS HEALTH CONDITION WHERE BLOOD SUGAR LEVELS ARE HIGHER THAN NORMAL, BUT NOT YET HIGH ENOUGH TO BE DIAGNOSED AS TYPE 2 DIABETES.

MORE THAN ONE IN THREE U-S ADULTS HAVE PREDIABETES BUT MOST DON'T KNOW THEY HAVE IT, AND THERE ARE USUALLY NO SYMPTOMS.

MAKING HEALTHY LIFESTYLE CHANGES CAN MAKE A DIFFERENCE. YOU CAN PREVENT OR DELAY TYPE 2 DIABETES, AND YOU CAN EVEN MANAGE OR REVERSE YOUR PREDIABETES.

VISIT [N-I-D-D-K--DOT--N-I-H--GOV](http://NIDDK.NIH.GOV) TO LEARN MORE.