

# With prediabetes — “pre” means now!



**Protect yourself by knowing your risk.**

**Each year in Wisconsin, over 40,000 people are diagnosed with diabetes.** What’s worse? Four out of five people with prediabetes don’t even know they have it. Prediabetes doesn’t always show any signs or symptoms, so many people at high risk for developing type 2 diabetes miss their opportunity to prevent it. That’s why taking action now is so important, and it’s as easy as taking a 1-minute risk test.



Take the risk test now at

[PreventDiabetesWI.org](https://PreventDiabetesWI.org)



## Prediabetes can be prevented and reversed—at any age!

While prediabetes is most prevalent in adults, especially over age 45, people of all ages are at risk.

**In fact, at least 1 in 5 children between the ages of 12 and 18 have prediabetes. And 1 in 4 adults under the age of 34 has prediabetes, too.**

The good news? With a few simple, proven lifestyle changes, people of any age can prevent or even reverse prediabetes.

Regardless of age, many factors can increase the chances of developing prediabetes, including:

- Family history of type 2 diabetes
- Weight
- Physical activity
- High blood pressure
- Gestational diabetes
- Diet

Learn about lifestyle change programs at

[PreventDiabetesWI.org](https://www.PreventDiabetesWI.org)