

You can't control what you don't know.

More than
4 in 5 adults with prediabetes
don't know they have it.

What is prediabetes?

It is a serious health condition where blood sugar levels are higher than normal — and more than 1 in 3 adults have it. Prediabetes dramatically increases the risk of developing type 2 diabetes, heart disease, and stroke.

Who is at risk for prediabetes?

The simple answer is — anyone. Prediabetes affects people of any age, sex, race, and ethnicity.

- Ninety-six million people aged 18 years and older have prediabetes
- Over 48% of people aged 65 years or older have prediabetes
- At least 1 in 5 young people between the ages of 12 and 18 have prediabetes
- About 50% of women who've had gestational diabetes develop type 2 diabetes later in life

What are some of the risk factors?

You might be at risk if you...

- Are overweight
- Are 45 or older
- Have high blood pressure
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than three times per week

You can prevent and reverse prediabetes!

How? With help from lifestyle change programs. They are a great way to make positive, healthy changes to your everyday habits.

What are lifestyle change programs?

Recognized by the CDC, lifestyle change programs are evidence-based, structured programs proven to help prevent or reverse prediabetes. A trained lifestyle coach can help guide you to make healthy changes that can cut your risk of developing type 2 diabetes in half.

Where can you find a lifestyle change program?

Many organizations in Wisconsin offer free, low-cost and affordable programs, in-person and online. Talk to your health care provider or find a lifestyle change program near you at [PreventDiabetesWI.org](https://www.PreventDiabetesWI.org).

Will my insurance provider cover the cost of the program?

Many insurers offer lifestyle change programs as a covered benefit in their insurance plans, including Medicare. If these programs are not covered through your work health insurance, encourage your employer to learn more about the National Diabetes Prevention Program (National DPP) lifestyle change program in your community today. You can also find a list of Medicare Diabetes Prevention Programs in Wisconsin through the DHS website.



Learn more at

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