**What is Prediabetes?**

A person with prediabetes has a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes. He or she is at higher risk for developing type 2 diabetes and other serious health problems, including heart disease, and stroke.

A person with certain risk factors is more likely to develop prediabetes and type 2 diabetes. These risk factors include: age, especially after 45 years of age; being overweight or obese; a family history of diabetes; having an African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander racial or ethnic background; a history of diabetes while pregnant (gestational diabetes) or having given birth to a baby weighing nine pounds or more; and being physically active less than three times a week.

**Am I at risk?**

The Centers for Disease Control and Prevention (CDC) estimates that one of every three US adults had prediabetes in 2010. That is 79 million Americans aged 20 years or older. The vast majority of people living with prediabetes do not know they have it. A person with prediabetes has a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes.

Prediabetes is a serious health condition that increases the risk of developing Type 2 diabetes, heart disease and stroke.

79 million Americans—35% of adults aged 20 years and older—have prediabetes. Half of all Americans aged 65 years and older have prediabetes.

Without lifestyle changes to improve their health, 15-30% of people with prediabetes will develop Type 2 diabetes within 5 years.

**Take the quiz and find out if you are at risk for prediabetes:**

https://doihaveprediabetes.org/prediabetes-risk-test.html
What is Prediabetes?

How is prediabetes treated?

If you do have prediabetes, research shows that doing just two things can help you prevent or delay type 2 diabetes: Lose 5% to 7% of your body weight, which would be 10 to 14 pounds for a 200-pound person; and get at least 150 minutes each week of physical activity, such as brisk walking.

National Diabetes Prevention Program: A way to prevent diabetes

Lifestyle change programs offered through the National Diabetes Prevention Program, can help you reduce your risk of developing type 2 diabetes by as much as 58%. This program helps participants improve their food choices, increase physical activity, and learn coping skills to maintain weight loss and healthy lifestyle changes. **RIT’s Better Me Program is listed as a recognized organization who offers this lifestyle class.** For now this program is open to faculty, staff and family members (if space allows).

If you have been told you are prediabetic, had gestational diabetes in a pregnancy or screen high in the quiz above you are eligible to register for this program starting Spring Semester at RIT.

Contact BetterMe@rit.edu to register