IT’S RIGHT HERE AT HOME
South Dakotans are feeling the effects of diabetes.

WHAT IS PREDIABETES?
When your blood sugar levels are higher than normal but not yet high enough for you to be diagnosed with type 2 diabetes, you may have prediabetes.

But if I don’t yet have type 2 diabetes, what’s the big deal?

Think of prediabetes as a warning sign that full-on diabetes is on the horizon. It’s important to know the facts to protect your health.

1 OUT OF 3
American adults have prediabetes

200,000-plus South Dakotan adults have prediabetes and are at risk for developing type 2 diabetes

9 out of 10 people with prediabetes don’t know they have it
LEARN
If left untreated, as much as 30% of people with prediabetes develop type 2 diabetes within five years. Type 2 diabetes increases the risk of developing:

- Heart Disease
- Stroke
- Blindness
- Kidney Failure
- Loss of Limbs

DIAGNOSE
Your doctor can determine if your blood sugar levels are too high – set up an appointment to get tested and know your chances of having prediabetes now and type 2 diabetes in the future.

PREVENT
Luckily, if you are diagnosed with prediabetes, there are things you can do to help prevent progression to type 2 diabetes. You can:

- Stay Active
- Eat Healthy
- Lose Weight

Ask your doctor about the National Diabetes Prevention Program which will help you to learn to stay active, eat healthy, and lose weight.

QUESTIONS
To learn more about prediabetes, type 2 diabetes, and the National Diabetes Prevention Program visit:

South Dakota Department of Health Diabetes Prevention and Control Program

[diabetes.sd.gov](http://diabetes.sd.gov)

South Dakota Diabetes Coalition

[SDDiabetesCoalition.org](http://SDDiabetesCoalition.org)