Prediabetes in West Virginia

An estimated 119,848 adults in West Virginia have prediabetes.

Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes.

If you have prediabetes,

Losing weight by eating healthy and being more active can cut the risk of type 2 diabetes in half.

But

Without losing weight and being more active, 15–30% of people with prediabetes will develop type 2 diabetes within 5 years.

Among adults in West Virginia with prediabetes:

- 64% have high blood pressure
- 83% are obese or overweight
- 36% are physically inactive

Rev. June 2017
These factors increase the risk of prediabetes:

- Sibling or parent with diabetes
- Little or no daily exercise
- Being obese or overweight
- Giving birth to a baby weighing more than 9 lbs.
- Having gestational diabetes

Prediabetes increases the risk of:

- Heart disease
- Stroke
- Type 2 diabetes

Diabetes causes serious health issues:

- Vision loss
- Stroke
- Heart disease
- Pregnancy complications
- Kidney disease
- Loss of limb

Type 2 diabetes can be prevented by:

1. Eating healthy
2. Being more active and
3. Losing weight

The National Diabetes Prevention Program teaches participants how to lose a modest amount of weight and strategies for healthy living.

National Diabetes Prevention Program in West Virginia

Visit [http://tinyurl.com/o2498k6](http://tinyurl.com/o2498k6) to find classes in your area.

Contact the Division of Health Promotion and Chronic Disease at 304-356-4193 for more information.

Rev. June 2017