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

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

Losing weight by eating healthy and being more active can cut the risk of type 2 diabetes in \text{HALF}.

Among adults in West Virginia with prediabetes:

- 62% have high blood pressure
- 82% are obese or overweight
- 35% are physically inactive
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 may be prevented by:

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

The NDPP teaches participants strategies for eating healthy and incorporating physical activity into daily life. Coaches work with participants in groups to identify emotions and situations that can sabotage their success.

National Diabetes Prevention Program in West Virginia

Contact the West Virginia Division of Health Promotion and Chronic Disease at 304-356-4193, or visit the NDPP website: www.cdc.gov/diabetes/prevention

References
West Virginia Health Statistics Center, Behavioral Risk Factor Surveillance System, 2013
Division of Diabetes Translation National Center for Chronic Disease Prevention and Health Promotion, October 2014