

Health Tip of the Month

Prediabetes Are you at risk?

Are you living with prediabetes?

Prediabetes means your blood sugar levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes.

Why is prediabetes dangerous?

People with prediabetes often do not have symptoms and may get type 2 diabetes which leads to health problems.

If you have prediabetes, will you become diabetic?

Not necessarily if you make, and keep, healthy lifestyle changes that prevent or delay diabetes.

Experts recommend eating healthy foods, being physically active every day, and maintaining a healthy body weight.

Everyone should know their blood sugar levels.

Ask your doctor to do a simple blood test for prediabetes.

To find out more about prediabetes visit the
American Diabetes Association website
<http://www.diabetes.org>

Most people who have prediabetes don't know it.

- Are you overweight?
- Do you have a parent, brother or sister with diabetes?
- Are You African American, Hispanic Latino, Native American, Asian American or a Pacific Islander?
- Did you give birth to a baby weighing more than 9 pounds?
- Did you have gestational diabetes?
- Do you have high blood pressure?
- Do you have low HDL (good cholesterol)?
- Do you have high triglycerides?

New York City Cares about Diabetes!
Find city services that can help.
<http://www.nyc.gov/>



Cornell University
Cooperative Extension
New York City

Worksite Wellness Initiative: by Sally Goldstein, Dietetic Intern
Teachers College, Columbia University. 25:11/12
More Health Tips? visit <http://nyc.cce.cornell.edu>