

# Are you at risk?



## What is prediabetes?

Prediabetes is a condition in which blood sugar (glucose) levels are higher than normal but not high enough to be diagnosed as type 2 diabetes.

### 1. Are you at risk?

You could have prediabetes if you:

- Are 45 years of age or older.
- Are overweight.
- Have a family history of type 2 diabetes.
- Have a history of gestational diabetes (diabetes during pregnancy).
- Are physically active less than 3 times a week.
- Have certain medical conditions like high blood pressure.

Find out if you are at risk: [doihaveprediabetes.org](http://doihaveprediabetes.org)

### 3. What can you do?

If you are diagnosed with prediabetes, the great news is that you have options to help prevent or delay type 2 diabetes. Options may include:

- Working with your Health Care Provider to discuss making lifestyle changes
- Medication
- Medical Nutrition Therapy
- Enrolling in a **National Diabetes Prevention Program (DPP)**.

### 5. Program Eligibility

Adults 18 years or older with a BMI of 25 or greater (23 or greater if Asian) plus one or more of the following risk factors

- Fasting glucose of 100 - 125 mg/dL
- A1C between 5.7% and 6.4%
- Blood pressure of at least 130/80 mmHg or treatment
- Triglycerides greater than 150 mg/dL
- LDL cholesterol greater than 130 mg/dL or treatment
- HDL cholesterol less than 40 mg/dL for men, less than 50 mg/dL for women
- History of gestational diabetes

**8** out of **10** adults who have prediabetes don't know they have it.

### 2. Why knowing your risk matters.

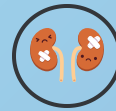
If you have prediabetes, you are at higher risk for developing type 2 diabetes which could lead to other health problems such as:



Heart attack or stroke



Vision problems and blindness



Kidney Failure



Toe, foot, or leg amputations

### 4. What is the Diabetes Prevention Program?

A 12-month program with weekly and monthly sessions.

- Weekly sessions focus on lifestyle change strategies to improve nutrition and exercise habits.
- Monthly sessions are designed to support and guide the nutrition and exercise goals met during the program.

Every class is facilitated by a trained lifestyle coach who will **educate**, **empower** and **motivate** you to lose weight, gain confidence, establish healthy eating behaviors and identify enjoyable physical activity. Depending upon the program sessions can be delivered in person, via telehealth and online.

### 6. Program Goals



Accomplish 150 minutes of physical activity per week



Achieve 5% - 7% weight loss



Track food intake

Get tested - Talk with your Doctor - Enroll in a DPP



To learn more or find a program call, email or visit  
[diabetes.mt.gov](http://diabetes.mt.gov)  
1.844.MTHLT4U (1.844.864.5848)  
[ChronicDiseasePrevention@mt.gov](mailto:ChronicDiseasePrevention@mt.gov)

