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

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

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).

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.

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

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
1.844.MTHLT4U (1.844.864.5848)
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