

## Prediabetes

Prediabetes is when your blood glucose is elevated but not high enough to be classified as diabetes. You may hear it referred to as “impaired fasting glucose,” “impaired glucose tolerance” or “borderline diabetes.”

### HOW IS IT DIAGNOSED?

The doctor will need to check your blood glucose level:

- Fasting glucose: No food or drink, except water, for at least 8 hours. Results: 100–125
- A1C: Average glucose for 2–3 months. Results: 5.7–6.4
- Oral Glucose Tolerance Test (OGTT): Tests glucose before and 2 hours after drinking a special sweetened drink. Results: 140–199

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### HOW IS IT TREATED?

If you are diagnosed with prediabetes, it doesn't necessarily mean you will develop type 2 diabetes. If you make some simple lifestyle changes, the risk of developing type 2 diabetes is significantly decreased. Research shows that you can lower your risk for type 2 diabetes by 58 percent by:

- Losing 7 percent of your body weight. That's 14 pounds if you weigh 200 pounds.
- Exercising moderately, such as walking briskly 30 minutes a day, five days a week.
- Losing even 10–15 pounds can return glucose levels to normal.

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### HOW DO YOU PREVENT IT?

- Make sure your glucose level is checked regularly. Ask your doctor what your number is.
- Lose 5–7 percent of your current body weight.
- Incorporate exercise into your daily routine.
- Schedule an individual appointment or group class with one of our dietitians/diabetes educators to determine a plan that is right for you.

79 million people,  
33 percent of the  
adult United States  
population,  
have prediabetes.

Only 10 percent  
of people with  
prediabetes know  
they have it.

A recent study  
estimates that  
1 out of 3 people will  
have diabetes by  
the year 2050 based  
on the number  
of people with  
prediabetes.