

# COULD YOU HAVE PREDIABETES?



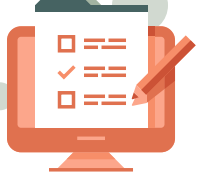
More than **1 in 3** American adults have prediabetes, and most don't know they have it. Could this be you? Find out if you could have prediabetes now, and let your health care provider know during your visit.

**DID YOU KNOW?**

Having prediabetes means your blood glucose (sugar) levels are higher than normal but not high enough yet for a diagnosis of type 2 diabetes. Having prediabetes raises your risk of type 2 diabetes, heart disease, and stroke.

## STEP 1

### TAKE THE PREDIABETES RISK TEST



Take the **1-minute prediabetes risk test** or find a CDC-recognized diabetes prevention program location near you while waiting for your health care provider, by using the QR code or URL below. If you have prediabetes, the sooner you know, the sooner you can take action to reverse it and prevent or delay type 2 diabetes.

[www.diabetesfreenc.com/learn-about-prediabetes/](http://www.diabetesfreenc.com/learn-about-prediabetes/)



## STEP 2

### WHAT DOES YOUR SCORE MEAN?



If you scored **5 or higher** on the prediabetes risk test, you likely have prediabetes and are at increased risk for type 2 diabetes.

## STEP 3

### TALK TO YOUR HEALTH CARE PROVIDER

The National Diabetes Prevention Program (National DPP) lifestyle change program is proven to prevent or delay type 2 diabetes in people who have prediabetes or are at high risk for type 2 diabetes. Share your results with your health care provider and ask about a referral to enroll in an in person or online lifestyle change program. The best time for prevention is now!

The Diabetes Prevention Program (DPP) Navigator is a free referral and enrollment service designed by the North Carolina Division of Public Health. The service helps connect North Carolinians at risk for developing type 2 diabetes to a lifestyle change program in North Carolina in person or online.

You or your health care provider can contact the DPP Navigator at 844-328-0021 with any questions about the lifestyle change program, or visit <https://www.diabetesfreenc.com/>.

