

PREDIABETES

An opportunity
to take action



Without weight loss
& moderate
physical activity

15 - 30%
of people with
prediabetes
will develop
type 2 diabetes
in 5 years²



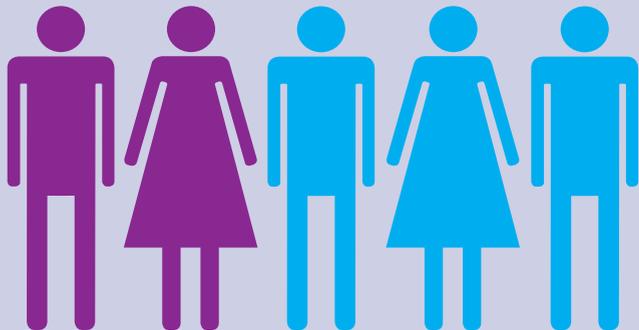
A GROWING PROBLEM

Prediabetes is identified when a person's blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes.



AT-RISK KANSAS ADULTS

2 in 5 Kansas adults
are at risk for developing diabetes¹



Healthy



Diabetes Risk Factors

45+ Years Old

Overweight or Obese

Family history of
Type 2 Diabetes

High Blood Pressure

Physically active less than
3 times per week

Gave birth to baby
9+ lbs or had
gestational diabetes

CLASSES HELP PREVENT DIABETES

Diabetes prevention program (DPP) classes can help people with prediabetes and/or at risk for type 2 diabetes make achievable and realistic lifestyle changes and cut their risk of developing type 2 diabetes by 58%.²

DPP Lifestyle Change Classes Provide



DPP Classes Currently in KS*

- Crawford County
- Greater Wichita YMCA
- Prairie Band Potawatomi Health Center
- YMCA of Greater Kansas City

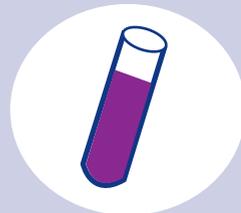
Classes in Development in the following Counties: Allen, Finney, Jewell, Lincoln, Mitchell, Republic & Smith

JOIN THIS EFFORT TO REDUCE DIABETES

Everyone can play a part in preventing type 2 diabetes.

More Information About Helping Prevent Diabetes

- Visit www.kdheks.gov/diabetes
- Contact bhp@kdheks.gov or 785-291-3742



GET TESTED for prediabetes



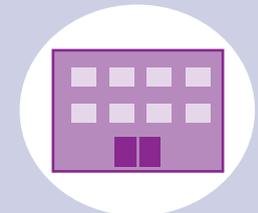
RAISE AWARENESS of prediabetes



ENCOURAGE PARTICIPATION in DPP lifestyle change classes



REFER PATIENTS to DPP lifestyle change classes



START DPP CLASSES in your community &/or workplace

SOURCES

1. 2013 Kansas Behavioral Risk Factor Surveillance System. Kansas Department of Health and Environment, Bureau of Health Promotion.
2. Centers for Disease Control and Prevention. National Diabetes Prevention Program website. 2015. Available at www.cdc.gov/diabetes/prevention/about.htm.

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