

PREDIABETES

An opportunity
to take action

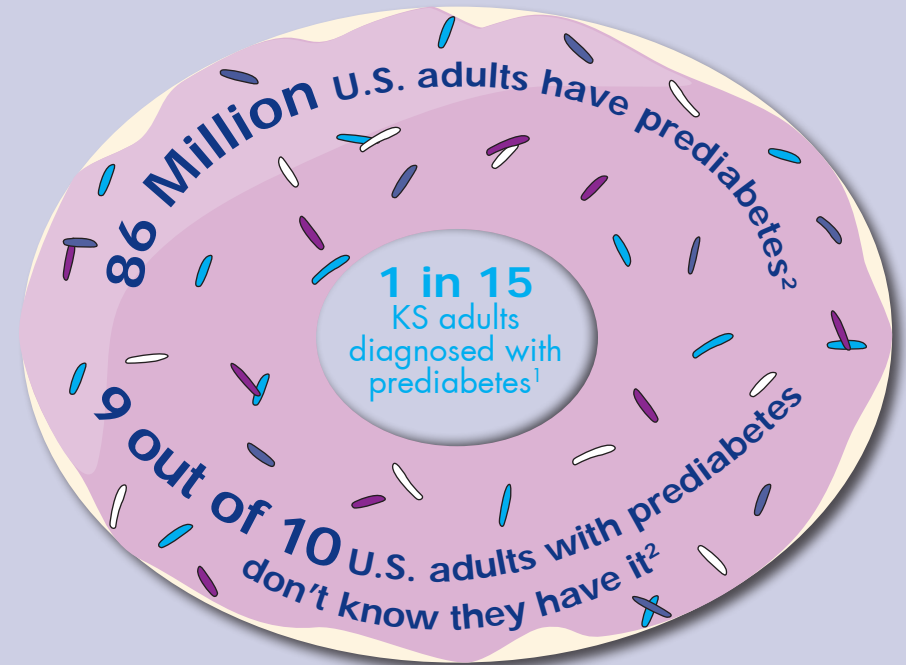


Without weight loss
& moderate
physical activity
15 - 30%
of people with
prediabetes
will develop
type 2 diabetes
in 5 years²



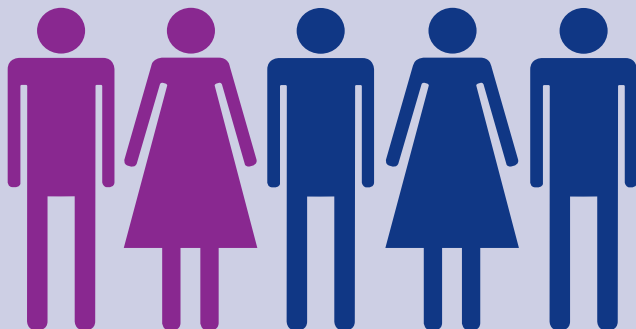
A GROWING PROBLEM

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 diabetes³



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



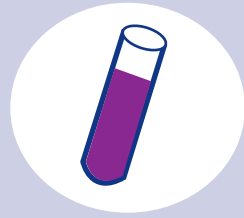
Find a DPP class near you at toolsforbetterhealthks.org, select "Find a Workshop."

More Information About Helping Prevent Diabetes

- Visit www.kdheks.gov/diabetes
- Email kdhe.betterhealth@ks.gov or call 785-291-3742

JOIN THIS EFFORT TO REDUCE DIABETES

Everyone can play a part in preventing type 2 diabetes.



GET TESTED for prediabetes



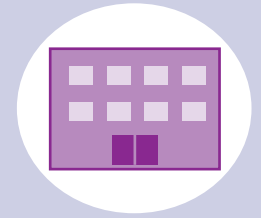
RAISE AWARENESS of prediabetes



ENCOURAGE PARTICIPATION in DPP lifestyle change classes



REFER PATIENTS to DPP lifestyle change classes



START DPP CLASSES in your community &/or workplace

SOURCES

1. 2014 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.
3. 2015 Kansas Behavioral Risk Factor Surveillance System. Kansas Department of Health and Environment, Bureau of Health Promotion.

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