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 years.

AT-RISK KANSAS ADULTS
2 in 5 Kansas adults are at risk for developing diabetes.

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.

1 in 15 KS adults diagnosed with prediabetes.
9 out of 10 U.S. adults with prediabetes don’t know they have it.

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

- Trained Lifestyle Coach
- CDC Approved Curriculum
- Group Support During the Course of a Year

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

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