THE PATH TO TYPE 2 DIABETES

30-40% OF AMERICANS SHOW SIGNS OF PRE-DIABETES.

That’s 79 million people!

Most of them will develop full-blown Type 2 Diabetes in their lifetimes.

That’s 130,000 people!

7.2% OF UTAHNS HAVE DIABETES.

What are the differences between Pre-Diabetes and Diabetes?

People with Pre-Diabetes have high blood sugar levels, but not high enough for a Type 2 diagnosis.

Everything that’s linked to diabetes begins with the onset of pre-diabetes, so it’s better to think of pre-diabetes as a stage of the disease, rather than just a risk factor.

Obesity & Inactivity

Lead to insulin resistance—a major risk factor for Pre-Diabetes

Any adult who’s overweight and inactive should be tested.

Other Risk Factors

• A close family member, such as a parent or sibling has diabetes.
• Your ethnic background is African-American, American-Indian, Latin-American or Asian/Pacific Islander.
• Your blood pressure, cholesterol or triglyceride levels are high.
• You had diabetes while pregnant or have polycystic ovarian syndrome.

WHAT YOU CAN DO

Even if you’ve had a diagnosis of Pre-Diabetes, there are many things you can do to prevent the disease from progressing.

• Lose weight. Aim for 7% of your total body weight. That’s 15 pounds if you weigh 200.
• Exercise 30 minutes a day, 5 days a week.
• Eat a balanced, healthy diet.
• Lower or eliminate your alcohol intake.
• Have regular medical checkups.
• Don’t smoke.

Healthcare.Utah.Edu/UtahDiabetesCenter