


# 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!

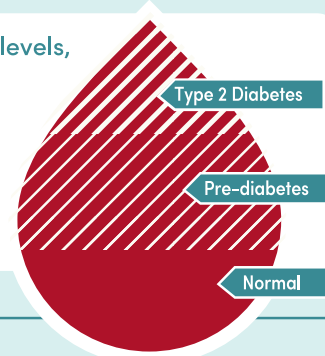
**7.2%**  
OF UTAHNS HAVE DIABETES.

## What are the differences between Pre-Diabetes and Diabetes?

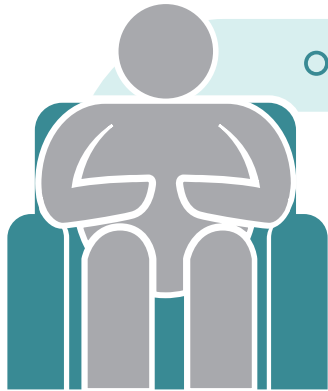


People with Pre-Diabetes have high blood sugar levels, but not high enough for a Type 2 diagnosis.

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

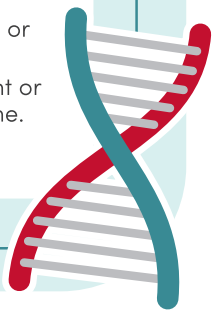


Lead to insulin resistance—a major risk factor for Pre-Diabetes

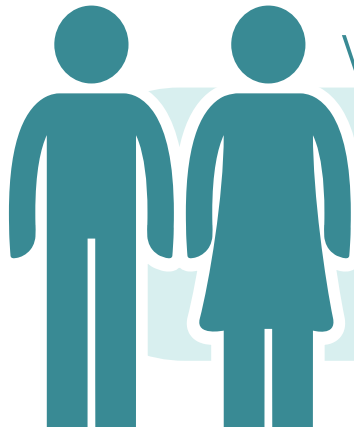
Any adult who's overweight and inactive should be tested.

## 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](http://Healthcare.Utah.Edu/UtahDiabetesCenter)