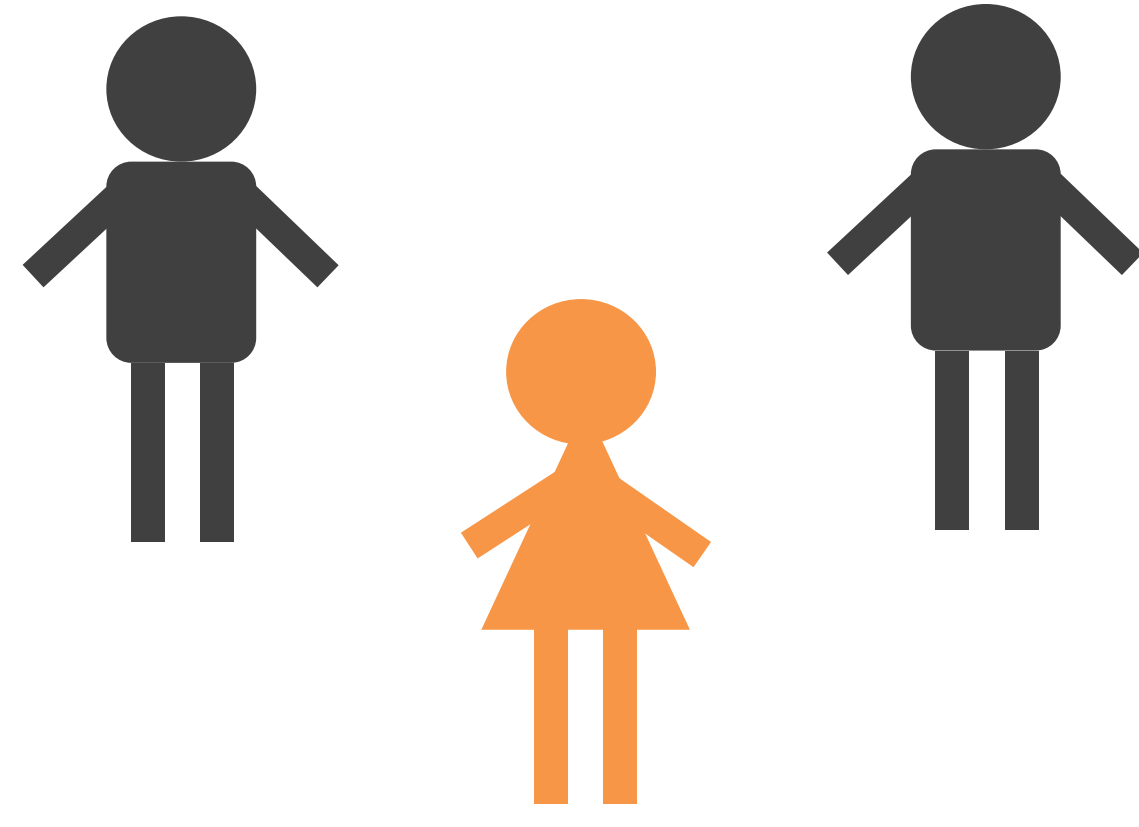


PREDIABETES: ARE YOU AT RISK?

1 OUT OF 3
ADULTS HAVE
PREDIABETES



IN NEW HAMPSHIRE ONLY **6.8%** OF ADULTS
KNOW THEY HAVE PREDIABETES

NO DIABETES

Fasting blood sugar
less than 100
A1C – less than 5.7%

PREDIABETES

Fasting blood sugar
100 to 125
A1C – 5.7 to 6.4%

DIABETES

Fasting blood sugar
126 or higher
A1C – 6.5% or higher

Prediabetes is when your blood sugar level is higher than normal but not high enough to be diagnosed as type 2 diabetes

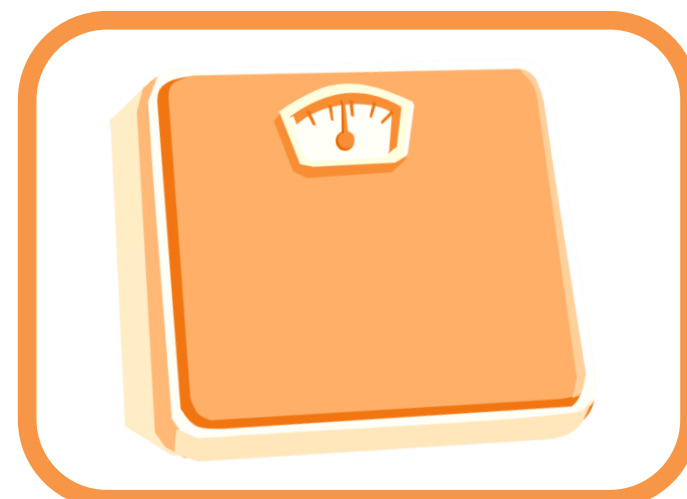
RISK FACTORS FOR PREDIABETES



HAVING DIABETES
WHILE PREGNANT
(GESTATIONAL DIABETES)



HAVING A FAMILY
HISTORY



BEING
OVERWEIGHT



BEING 45 YEARS OF
AGE OR OLDER



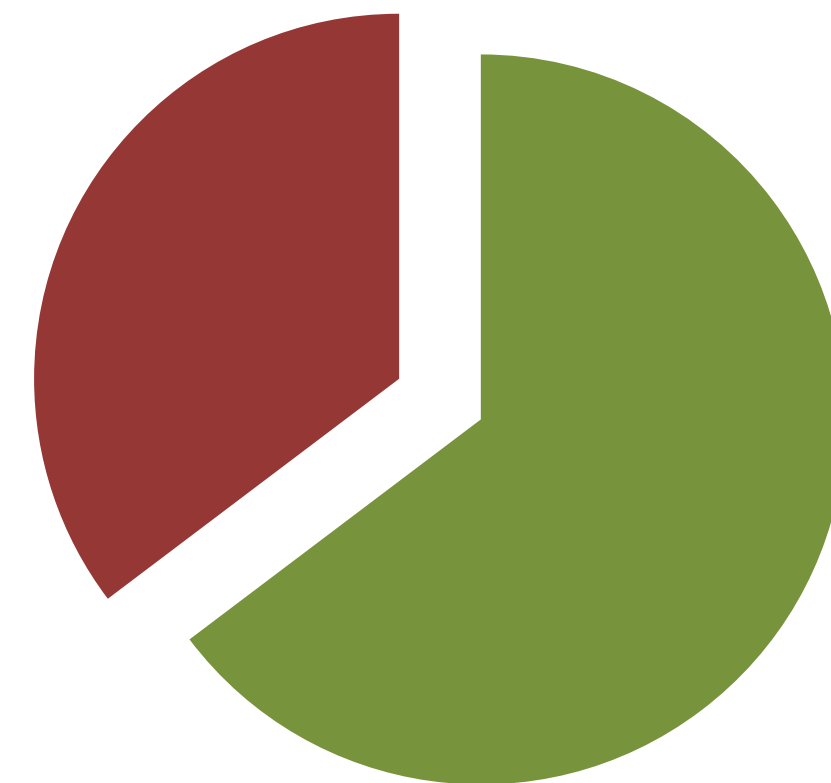
BEING PHYSICALLY
INACTIVE

WITHOUT

- WEIGHT LOSS
- MODERATE PHYSICAL ACTIVITY



15 TO 30%
OF PEOPLE WITH
PREDIABETES
WILL DEVELOP
TYPE 2 DIABETES



WITHIN
5
YEARS

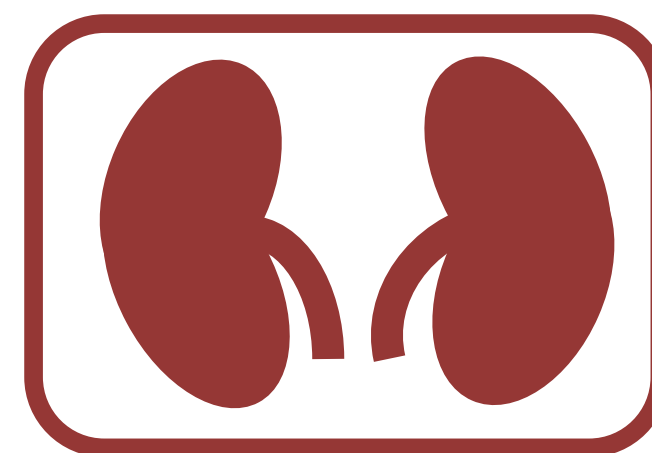
TYPE 2 DIABETES IS A SERIOUS HEALTH CONDITION THAT CAN LEAD TO...



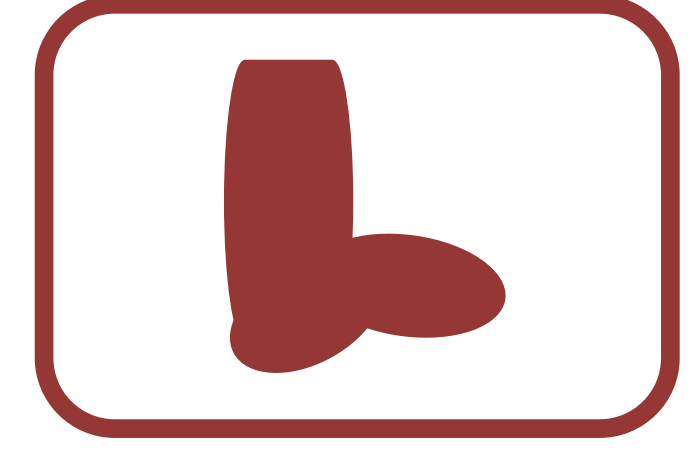
BLINDNESS



HEART ATTACK



KIDNEY FAILURE



LOSS OF TOES, FEET,
OR LEGS

YOU CAN
PREVENT TYPE 2
DIABETES

BE MORE ACTIVE



EAT HEALTHIER

LOSE WEIGHT

CLICK



OR

SCAN



To take the prediabetes
risk test now!