

# ARE YOU AT RISK FOR DIABETES?

## OVER 40% OF HAWAII ADULTS HAVE PREDIABETES. MOST DON'T KNOW THEY HAVE IT. ARE YOU AT RISK?

Prediabetes means you are at risk for type 2 diabetes. You may have prediabetes if you:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Have high blood pressure
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

Most cases of type 2 diabetes can be prevented by making small lifestyle changes, unlike type 1 diabetes which is an autoimmune disorder.

## PREDIABETES CAN LEAD TO SERIOUS HEALTH PROBLEMS

Having prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. Nearly two-thirds of adults who have prediabetes don't know they have it.

If you have prediabetes and don't lose weight or increase your physical activity, you could develop type 2 diabetes within as little as five years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack, stroke, blindness, kidney failure, or loss of toes, feet, or legs.

## HOW CAN I FIND OUT IF I AM AT RISK?

Visit [PreventDiabetesHawaii.com](http://PreventDiabetesHawaii.com) to take the Diabetes Risk Test and talk to your doctor about the results.

## HERE'S THE GOOD NEWS

If you have prediabetes, your doctor may refer you to a lifestyle change program, which can help prevent or delay the onset of type 2 diabetes

## THE DIABETES PREVENTION PROGRAM CAN HELP!

The Diabetes Prevention Program (DPP) is a lifestyle change program now available in the State of Hawaii. The DPP is proven to prevent or delay type 2 diabetes, and it can help you lower your risk by focusing on weight loss and increasing physical activity. The DPP is CDC-recognized lifestyle change program, which means it is of high quality and may be covered by some insurance plans, including Medicare and Medicaid.

## HOW DOES DPP WORK?

As part of a group in your community or online, you will work with a trained lifestyle coach to learn the skills you need to make lasting lifestyle changes. You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

## FEATURES OF DPP:

- Trained coach to guide and encourage you
- In-person, or online
- Support from others working on the same goals
- Skills to help you lose weight, be more physically active and manage stress

## WHAT PARTICIPANTS ARE SAYING ABOUT DPP:

*"I love having a lifestyle coach. She has given us great information, helped me stay on track and stay positive."* – Bruce

*"I'm so excited because I went to the doctor last week and all of my numbers were down, and I officially no longer have prediabetes."* – Vivien

**Now is the time to take charge of your health and your future! Take the Diabetes Risk Test today and ask your doctor if the DPP program is right for you.**



**PREVENT | Diabetes**  
HAWAII



[PreventDiabetesHawaii.com](http://PreventDiabetesHawaii.com)