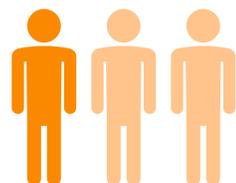


HEALTHY IS BEING IN CONTROL

DIABETES FACTS & RESOURCES

Diabetes is the
7TH
LEADING
CAUSE OF
DEATH
IN THE U.S.
(and may be
underreported).

www.cdc.gov/diabetes/prevention/prediabetes-type2/index.html



1 IN 3
ADULTS
in the U.S. have
prediabetes.

www.cdc.gov/diabetes/prevention/prediabetes-type2/index.html



More than
30 MILLION
AMERICANS
have diabetes.

www.cdc.gov/diabetes/prevention/prediabetes-type2/index.html

PRIMARY CARE PROVIDERS

East Hartford
860.568.8364

Ellington
860.375.9122

Manchester
860.533.4678
860.649.6900

Rockville
860.533.4688

South Windsor
860.533.4666

Vernon
860.533.4611
860.872.8321

KNOW YOUR NUMBERS

	A1C TEST	FASTING BLOOD SUGAR TEST	GLUCOSE TOLERANCE TEST
Normal	Below 5.7%	99 mg/dL or below	140 mg/dL or below
Prediabetes	5.7-6.4%	100-125 mg/dL	140-199 mg/dL
Diabetes	6.5% or above	126 mg/dL or above	200 mg/dL or above

A1C Test: Blood test that measures your average blood glucose level over the past 3 months

Fasting Blood Sugar Test: Blood test that measures your blood glucose level upon waking before eating or drinking anything

Glucose Tolerance Test: Blood test that measures your blood glucose level after drinking a glucose mixture dissolved in water

www.cdc.gov/diabetes/images/library/socialmedia/road-to-diabetes-1080.jpg



Eating healthy
and exercising can
cut the risk of
TYPE 2
DIABETES
IN HALF.

www.cdc.gov/diabetes/prevention/prediabetes-type2/index.html