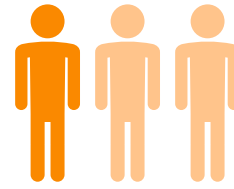


Diabetes is the  
**8TH**  
LEADING CAUSE OF  
DEATH IN THE U.S.  
(and may be underreported).

[www.cdc.gov/nchs/fastats/leading-causes-of-death.html](http://www.cdc.gov/nchs/fastats/leading-causes-of-death.html)



**38% OF ADULTS**  
in the U.S. have  
prediabetes.

[www.cdc.gov/diabetes/data/statistics-report/index.html](http://www.cdc.gov/diabetes/data/statistics-report/index.html)

More than  
**38 MILLION AMERICANS**  
have diabetes.

[www.cdc.gov/diabetes/data/statistics-report/index.html](http://www.cdc.gov/diabetes/data/statistics-report/index.html)

### 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](http://www.cdc.gov/diabetes/images/library/socialmedia/road-to-diabetes-1080.jpg)



CDC-recognized lifestyle change program participants who lost 5-7% of their body weight and added 150 minutes of exercise per week cut their risk of developing type 2 diabetes by **UP TO 58%**

[www.cdc.gov/diabetes/prevention/why-participate.html#:~:text=Why%20Participate%3F-On%20This%20Page&text=Imagine%3A%20You%20and%20the%20National,people%20over%2060%20years%20old.](http://www.cdc.gov/diabetes/prevention/why-participate.html#:~:text=Why%20Participate%3F-On%20This%20Page&text=Imagine%3A%20You%20and%20the%20National,people%20over%2060%20years%20old.)



Concerned about your numbers? Call our Center for Healthy Living at 860.647.6824 or scan the QR code.