



Preventing Diabetes: Know More. Do More

Know More

It can be difficult to understand the different types of diabetes and different blood sugar levels -- but understanding gives you power to take control of your health. [Learn more at www.doihaveprediabetes.org](http://www.doihaveprediabetes.org)



Two Most Common Types of Blood Sugar Level Tests

- 1. HbA1c** (blood test that averages 2-3 months of blood sugar)
- 2. Fasting Glucose** (don't eat for several hours before getting the test)

Note: Diabetes is typically diagnosed after two tests above the recommended limits.



Test Results Progression from Normal to Type 2 Diabetes

Normal Test Results:	
HbA1c	Less than 5.7%
Fasting Glucose	70-99 mg/dl

Prediabetes Test Results:	
HbA1c	Between 5.7% to 6.4%
Fasting Glucose	Between 100 mg/dl to 125 mg/dl

Diabetes Test Results:	
HbA1c	Over 6.5%
Fasting Glucose	126 mg/dl or higher



Definitions of Diabetes Related Diagnoses

Prediabetes

Blood sugar levels are higher than normal but not high enough to be diagnosed as diabetes. Prediabetes can often be reversed, but if it isn't, it can lead to Type 2 diabetes, heart disease and stroke.

Are You At Risk? Find out by taking a short quiz on the [American Diabetes Association website](http://www.american-diabetes-association.org) or by talking to your health care provider.

Type 2 Diabetes

The body makes insulin, but does not use it properly. This is the most common form of diabetes. May be prevented with action.

Type 1 Diabetes

The body does not make insulin. People with this diabetes type must take insulin.

Do More

Ask your physician for a referral. Sign up and attend a Diabetes Prevention Program (DPP). DPPs from the Centers for Disease Control (CDC) are available online for those with prediabetes.

[Access CDC Recognized Lifestyle Change Program online here](#)