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

**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**

<table>
<thead>
<tr>
<th>Normal Test Results:</th>
<th>Prediabetes Test Results:</th>
<th>Diabetes Test Results:</th>
</tr>
</thead>
<tbody>
<tr>
<td>HbA1c</td>
<td>Less than 5.7%</td>
<td>HbA1c</td>
</tr>
<tr>
<td>Fasting Glucose</td>
<td>70-99 mg/dl</td>
<td>Over 7%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fasting Glucose</td>
</tr>
<tr>
<td></td>
<td></td>
<td>126 mg/dl</td>
</tr>
<tr>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**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.

**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.

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

**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](https://www.cdc.gov/diabetes/prediabetes/diabetes-prevention-program.html)

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