

# Prediabetes in West Virginia

## What is prediabetes?

Before people develop type 2 diabetes they usually have what is called prediabetes. You may have heard this referred to as “borderline” diabetes. Those with prediabetes have blood glucose (blood sugar) levels higher than normal but not high enough to be classified as diabetes.

Prediabetes usually has no symptoms. The vast majority of people living with prediabetes do not know they have it. Some long-term damage to the body, especially the heart and circulatory system, may already be occurring.

**An estimated 107,896 adults in West Virginia have prediabetes. A person who has prediabetes is 15 to 30% more likely to develop type 2 diabetes than someone with normal blood glucose. More than 2 out of every 10 people with prediabetes will develop type 2 diabetes**

## Who is at risk for prediabetes?

Many factors increase your risk for pre-diabetes and type 2 diabetes. To find out more about your risk, see which factors in this list apply to you:

- 45 years of age or older
- Obese or overweight
- Parent, sister, or brother with diabetes
- Family background is African-American, Hispanic/Latino, American Indian, Asian American or Pacific Islander
- Gestational diabetes
- Giving birth to a baby weighing more than nine pounds
- Physically active less than three times per week



## In West Virginia, of adults 20 and over:

- 9% have prediabetes (107,867)
- 10% age 45 and older have prediabetes
- 4% age 18-24 have prediabetes
- 62% with high blood pressure also have prediabetes
- 82% with prediabetes are overweight or obese
- 35% who are physically inactive also have prediabetes

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## How is prediabetes diagnosed?

There are several blood tests that can be used to find out if you have prediabetes.

Fasting blood glucose: if glucose level is 100-125 mg/dl

A1c Test: if glucose level is 5.7% - 6.4% (Measures average blood glucose level for past two-three months.)

Two-hour oral glucose tolerance test: if glucose level is 140-199 mg/dl (Blood sugar is tested after fasting overnight and two hours after drinking a sweet liquid.)

## Can type 2 diabetes be prevented or delayed?

When you take steps to prevent type 2 diabetes, you also lower your risk for possible complications such as heart disease, stroke, kidney disease, blindness, nerve damage, and other health problems.

Find out if you could have prediabetes by taking the Centers for Disease Control and Prevention (CDC) screening test at: <http://www.cdc.gov/widgets/Prediabetes/Prediabetes.swf>

If the screening test shows you are at risk for prediabetes, talk to a health care provider about having your blood glucose level checked as soon as possible. If the glucose level indicates you have prediabetes, consider enrolling in an evidence-based lifestyle change program, such as the National Diabetes Prevention Program, to lower your chances of getting type 2 diabetes. You should also have your blood glucose level checked again in 6 months to 1 year.



## What is the National Diabetes Prevention Program?

The National Diabetes Prevention Program (NDPP) is based on a research study led by the National Institutes of Health and supported by the CDC. The participants in the study, who were all at high risk for developing type 2 diabetes, reduced their risk by 58% -71% by losing a modest amount of weight (5%- 7%) and increasing their physical activity to 150 minutes a week.

The NDPP teaches participants strategies for eating healthy and incorporating physical activity into daily life. Coaches work with participants in groups to identify emotions and situations that can sabotage their success, and the group process encourages participants to share strategies for dealing with challenging situations.

## How can I find a National Diabetes Prevention Program?

Contact the Division of Health Promotion and Chronic Disease at 304-356-4193 to find coaches in your area.

Helping prevent and manage chronic disease

