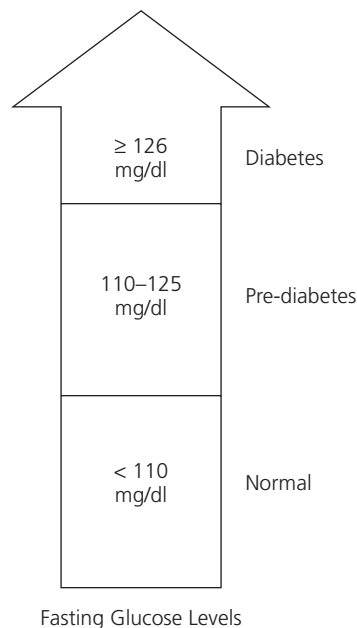


## H6-3 Pre-Diabetes

Before people develop type 2 diabetes, they almost always have pre-diabetes—blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. Pre-diabetes is sometimes also known as impaired glucose tolerance. People should consider screening for pre-diabetes if they are overweight, over age 45, or have any other diabetes risk factors.



Recent research has shown that long-term damage to the body, especially the heart and circulatory system, can begin in people when blood sugar levels are in the pre-diabetes range. But research has also shown that people with pre-diabetes can, through lifestyle changes, delay or prevent type 2 diabetes from ever developing:

- Choose a healthy diet.
- Reduce weight by 5–10%.
- Engage in moderate daily physical activity.

It is also very important for people with pre-diabetes to reduce other CVD risk factors, including tobacco use, high cholesterol, and high blood pressure.

Adapted from American Diabetes Association. 2002. *Pre-Diabetes* (<http://www.diabetes.org:80/main/info/pre-diabetes.jsp>; retrieved July 3, 2002). Visit the American Diabetes Association Web site (<http://www.diabetes.org>) for much more information about pre-diabetes.