**Know Where You Stand: Are You One of the 86 Million Americans Adults with Prediabetes?**

While many patients know that type 2 diabetes is a serious health concern, far fewer know about prediabetes. Prediabetes is a serious but reversible condition that affects 86 million (more than 1 in 3) American adults.

Patients with prediabetes have higher than normal blood glucose levels but not high enough yet to be considered type 2 diabetes. Current research estimates that 15 to 30 percent of patients with prediabetes could develop type 2 diabetes within five years and 90 percent of patients with prediabetes don’t even know they have it.

However, prediabetes can be reversed and the key is to find out early whether your patient is at risk. That’s why the American Diabetes Association (ADA), the American Medical Association (AMA) and the Centers for Disease Control and Prevention (CDC) have partnered with the Ad Council to launch a campaign to raise awareness of prediabetes to help your patients take the steps to prevent or delay developing type 2 diabetes.

You can help your patients take the next steps by encouraging them to eat better, lose weight, and get at least 150 minutes of moderate physical activity each week. The [National Diabetes Prevention Program](http://www.cdc.gov/diabetes/prevention/index.html) (NDPP) is an evidence-based lifestyle change program that can reduce the risk of developing type 2 diabetes by 58 percent.

Ask your patients to visit [DoIHavePrediabetes.org](https://doihaveprediabetes.org/) to take the diabetes risk test, find healthy lifestyle tips and resources, and find NDPP locations in their community.

If you have questions or would like to learn more about the NDPP in Colorado contact Becky DiOrio, Chronic Disease Coordinator at the Colorado Department of Public Health and Environment at [becky.diorio@state.co.us](mailto:becky.diorio@state.co.us).

