

What is prediabetes?

	<p>Prediabetes means that your blood sugars are higher than normal</p>
	<p>Prediabetes means that you are at high risk of developing type 2 diabetes</p>
	<p>A blood test is the only way to check if your blood sugars are higher than normal</p>
	<p>Blood sugar levels between 42 to 47mmol/mol (6%) are higher than normal blood sugar levels</p>
<p>Diabetes</p>	<p>If you've been told you have prediabetes, this is a warning that you are at high risk of developing type 2 diabetes</p>
<p>Prediabetes</p>	
<p>Normal</p>	

Diabetes



The good news is that you don't have it yet and with the right support, type 2 diabetes can be stopped or delayed

You are at risk of having prediabetes if...



you are overweight



you have a high waist measurement



you are white and over 40



you are African-Caribbean, Black, African, Chinese or South Asian and over 25



your mum, dad, brother or sister has type 2 diabetes



you have high blood pressure



you are not very active

What you can do



Book to have your annual health check



Eat a balanced diet with fruit and vegetables



Move more, be more active



Speak to your GP if you would like help to understand what to eat



Speak to your GP if you would like help to be more active