

Prediabetes Campaign Blog Post Template

Know Where You Stand: If 1 in 3 American adults has prediabetes, that means it could be you, your boss, your boss's boss.

Prediabetes affects 84 million Americans and has lasting health outcomes, but luckily it can be reversed. Learning your risk is the first step to a healthier future.

While many people know that type 2 diabetes is a serious health concern, far fewer people know about prediabetes. Prediabetes is a serious but reversible condition that affects 84 million (more than 1 in 3) American adults. That 1 in 3 could be your favorite brother or your "other" brother. And without healthy lifestyle changes, prediabetes can lead to type 2 diabetes.

People with prediabetes have higher than normal blood glucose (sugar) levels but not high enough yet to be considered type 2 diabetes. Basically, when you have prediabetes, you're on the road to developing type 2 diabetes and are also at increased risk for other serious health problems such as stroke and heart disease. Nearly 90 percent of people with prediabetes don't even know they have it.

But it's not all bad news. With the right steps, prediabetes can be reversed. The key is to find out whether you're at risk early on. That's why the American Medical Association (AMA) and the Centers for Disease Control and Prevention (CDC) have partnered with the Ad Council to launch a public service advertising (PSA) campaign to raise awareness of prediabetes and help people take steps to prevent or delay developing type 2 diabetes.

But what exactly are those steps? Well, they're things you already know you should be doing for a healthier lifestyle, like eating better, losing weight and getting at least 150 minutes of moderate activity each week.

Not sure if you're at risk for prediabetes? It only takes a minute to find out! Know where you stand by visiting DoIHavePrediabetes.com and taking a short online test to learn your risk and how to take action for a healthier you today. Why wait?