



KNOW YOUR RISK FOR PREDIABETES

GET SCREENED TODAY

African Americans are at higher risk for prediabetes.

Prediabetes means your blood sugar level is higher than normal, but not high enough to be diagnosed as diabetes.

Having prediabetes puts you at higher risk for developing type 2 diabetes, a disease that comes with serious health problems.

That's why it's important to know the risk factors.



45+
AGE 45 OR OLDER

OVERWEIGHT

FAMILY HISTORY OF TYPE 2 DIABETES

DIABETES WHILE PREGNANT

90% OF THEM AREN'T AWARE THAT THEY DO

READY TO MAKE HEALTHY CHOICES?

- 1 LEARN more about prediabetes
- 2 GET screened
- 3 ENROLL in the lifestyle change program if you have prediabetes



Contact Us for More Information

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