What is pre-diabetes?

In **pre-diabetes**, blood sugar levels are higher than normal, but not as high as in diabetes.

**Pre-Diabetes** is becoming more common in the US. As many as 55 million people have **pre-diabetes**.

What if you have pre-diabetes?

**Pre-diabetes** increases your risk for developing type 2 diabetes. Many people with **pre-diabetes** develop type 2 diabetes within 10 years. People with pre-diabetes are also at risk for developing heart disease, or having a stroke.

Diabetes can damage almost every part of your body. It can make you blind, damage your heart and blood vessels, or cause kidney problems, stroke, or nerve damage. For women, diabetes can complicate pregnancy.

The good news is that, if you have pre-diabetes, you can reduce your risk of developing diabetes by:

- Losing some weight. If you are overweight, try to lose about 5% of your body weight by making small changes in your diet and getting regular physical activity. This can help to delay, or even stop you from developing, type 2 diabetes.

Need some helpful tips on losing weight?

- Talk with your health care team for help in losing weight.
- Visit the **MOVE!** Weight Management Program for Veterans on the Internet. Go to [www.move.va.gov](http://www.move.va.gov) and select **MOVE!** handouts.

For additional information on diabetes and physical activity visit the HealthierUS Veterans website at [www.healthierusveterans.va.gov](http://www.healthierusveterans.va.gov) and select Get Fit for Life or Be Active.