



MARYLAND  
Department of Health

**Office of Minority Health and Health Disparities**  
**July Priority Focus Area Feature Article**  
***Prediabetes***

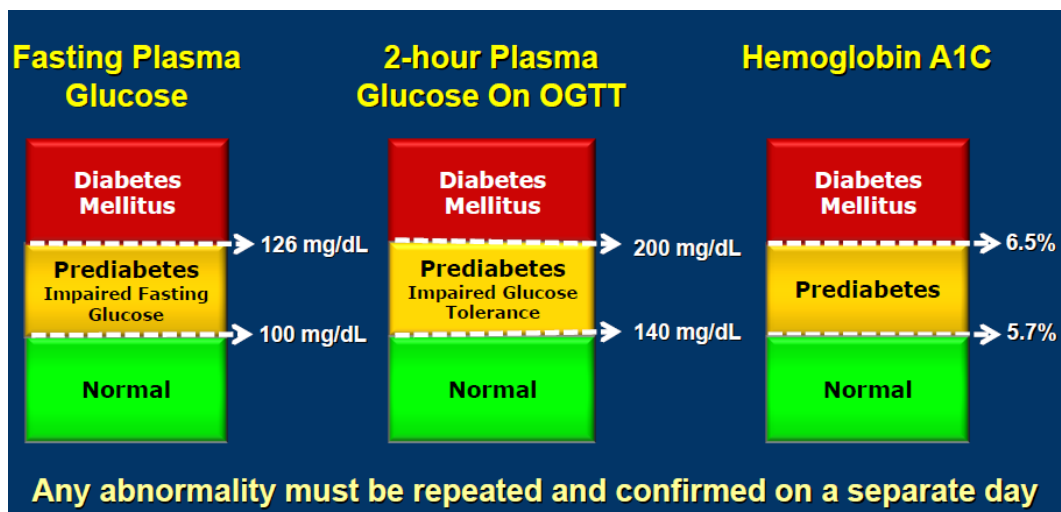
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**What is prediabetes?**

Prediabetes is the term used for individuals whose glucose levels do not meet the criteria for diabetes but are too high to be considered normal. Prediabetes puts individuals at an increased risk of developing type 2 diabetes, heart disease, and stroke.

**How is prediabetes diagnosed?**

Diagnosis of prediabetes is done by a doctor or a health care professional by taking a blood sample and sending to the laboratory to test for fasting plasma glucose, 2-hour plasma glucose on oral glucose tolerance test (OGTT), and/or hemoglobin A1C.



Source: American Diabetes Association, *Diabetes Care*, 2014<sup>1</sup>

<sup>1</sup> American Diabetes Association, *Diabetes Care*. 2014; 37 Suppl 1:S81 – 90

You can also take the Centers for Disease Control and Prevention (CDC) prediabetes risk assessment and determine if you are at risk based on your scores.

[CDC Prediabetes Screening Test \(English version\)](#)

[CDC Prediabetes Screening Test \(Spanish version\)](#)

### **What is the burden of disease?**

Approximately 33.9% of the adult U.S. population (84.1 million individuals aged 18 years or older) have prediabetes<sup>2</sup> and 9 out of 10 individuals who are prediabetic are unaware. The rates of prediabetes increase with age and is higher among minority populations.<sup>3</sup>

Without adequate intervention, most prediabetics would become type 2 diabetics within 5 years, or earlier. Diabetes cost the United States approximately \$ 327 billion in 2017 compared to \$245 billion in 2012 due to increasing rates of the disease<sup>4</sup>.

In Maryland, the prevalence rate of prediabetes is 10.5% of all adult population<sup>5</sup>. While the prevalence rates are similar for all racial groups, more individuals identifying as blacks disproportionately progress to type 2 diabetes compared to other racial groups.

### **What are the risk factors?**

<b>Modifiable</b>	<b>Non-modifiable</b>
Overweight/obese	Age: 45 years or older
Physical Inactivity	Family history: having a parent, brother, or sister with type 2 diabetes
Poor diet	Race and ethnicity: minority populations are at higher risk (this is more related to diabetes and not much difference with prediabetes)
Gestational diabetes	
Polycystic Ovarian Syndrome (PCOS)	

[Source<sup>6</sup> and to read more about risk factors](#)

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<sup>2</sup> <https://www.cdc.gov/diabetes/pdfs/library/socialmedia/prediabetes-infographic.pdf>

<sup>3</sup> <https://www.cdc.gov/diabetes/basics/prediabetes.html>

<sup>4</sup> <http://care.diabetesjournals.org/content/41/5/917>

<sup>5</sup> <https://phpa.health.maryland.gov/ccdpc/Reports/Documents/BRFSS%20Diabetes.pdf>

<sup>6</sup> <https://www.cdc.gov/diabetes/basics/risk-factors.html>

## **What can I do?**

Lifestyle modifications (similar to interventions for managing diabetes):

- Eat healthy
  - Eating variety of healthy foods from all food groups. Low calories, sugar and fat.
- Exercise regularly
  - At least 150 minutes of moderate physical activity weekly. Start slow if you need to and build it up!
- Lose weight
  - One study suggested a 58% reduction in the incidence rate of diabetes with 7% loss of initial body weight<sup>7</sup>.

There are resources to help as a support. You can participate in the [Diabetes Prevention Program \(DPP\)](#) or other shorter interventions such as the [Road to Health Intervention](#).

[The Department of Health offers a listing of accredited DPP programs in Maryland and near you.](#)

Reach out to MHHD for more information on our efforts to reduce prediabetes/diabetes rates in Maryland at [MDH.HealthDisparities@Maryland.gov](mailto:MDH.HealthDisparities@Maryland.gov) or 410-767-7117.

## **Suggested further reading and resources:**

<https://www.cdc.gov/diabetes/pdfs/library/socialmedia/prediabetes-infographic.pdf>  
<https://professional.diabetes.org/sites/professional.diabetes.org/files/media/prediabetes.pdf>  
<https://www.cdc.gov/diabetes/basics/prediabetes.html>  
<http://care.diabetesjournals.org/content/41/5/917>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1282458/>  
<https://phpa.health.maryland.gov/ccdpc/Reports/Documents/BRFSS%20Diabetes.pdf>  
<https://www.cdc.gov/diabetes/ndep/toolkits/road-to-health.html>  
<https://www.cdc.gov/diabetes/prevention/index.html>

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<sup>7</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1282458/>