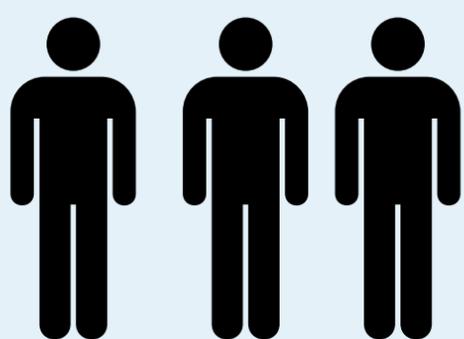


# PREDIABETES AND TYPE 2 DIABETES

IDENTIFY WHICH STATEMENTS BELOW ARE TRUE OR FALSE.

1. Prediabetes is when your blood sugar levels are higher than normal but not high enough to be diagnosed as diabetes.



2. 1 in 3 adults in America has prediabetes.

3. You are at a greater risk for prediabetes and diabetes if you are: overweight, physically active fewer than 3 times per week, and have a family history of diabetes.



4. Prediabetes can lead to heart disease, stroke, and type 2 diabetes.

REPLY TO YOUR HEALTH COACH WITH YOUR ANSWERS

**BONUS: TRUE OR FALSE  
PREDIABETES AND DIABETES  
CAN'T BE PREVENTED.**