



FACT SHEET

Prediabetes

Nationally
one-third
of adults are at
high risk
for diabetes

Prediabetes
Increases
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Type 2
diabetes
and
heart
disease

Prediabetes in Utah

What is Prediabetes?

- **Prediabetes** is a condition in which blood sugar levels are elevated but are not high enough to reach the clinical threshold for diabetes. Prediabetes is sometimes called **impaired glucose tolerance (IGT)** or **impaired fasting glucose (IFG)**.
- Prediabetes increases the risk for developing **type 2 diabetes** and **heart disease**.
- About **one-third** of Americans aged 20 and over have prediabetes and are at high risk for developing type 2 diabetes. But only about **one in 14** (7.1%) of adults in the U.S. have been told by a health care provider that they have prediabetes.

Risk Factors for Prediabetes

- Being overweight
- Not getting enough physical activity
- Getting older
- Family history of type 2 diabetes
- Membership in a racial or ethnic minority group
- Polycystic ovarian syndrome
- Sleeping too much or too little
- Having metabolic syndrome (high blood pressure, high blood sugar and high cholesterol) or having even one of these symptoms
- Having history of gestational diabetes or delivering a baby weighing 9 pounds or more

Clinical Definition of Prediabetes

- Prediabetes can be diagnosed using **A1C** or **fasting blood glucose**
 - » A1C level between **5.7** and **6.4%**
 - » Fasting blood glucose between **100** and **125** mg/dL
 - » Oral Glucose Tolerance Test two-hour level of **140-199** mg/dL