

# Are You at Risk for **DIABETES?**



29.1

million people have diabetes. That's about one out of every 11 people.



86

million people – more than one out of three – have prediabetes.



27.8

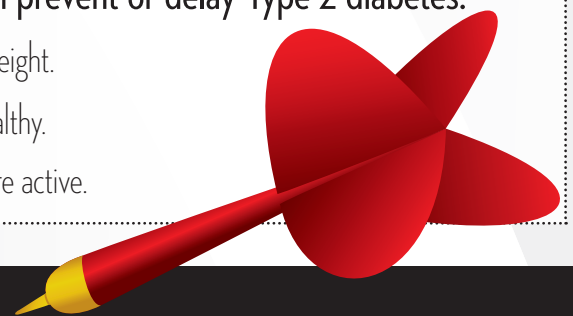
percent of people with diabetes are undiagnosed.

## Risk factors for Type 2 diabetes:

- Being overweight
- Having a family history
- Being age 45 or older
- Having high blood pressure
- Having diabetes while pregnant (gestational diabetes)

## You can prevent or delay Type 2 diabetes.

- Lose weight.
- Eat healthy.
- Be more active.



Check out the Live Healthy section of [www.SouthCarolinaBlues.com](http://www.SouthCarolinaBlues.com).



South Carolina