

Are You at Risk for **DIABETES?**



38.4

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



97.6

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



22.8

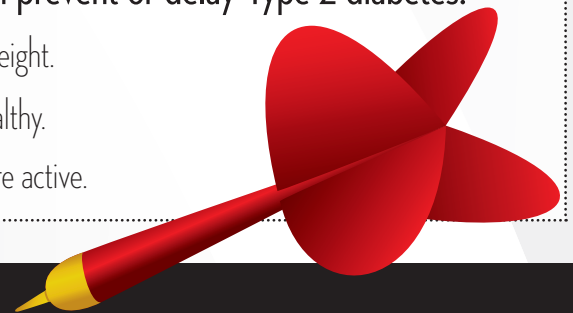
percent of adults with diabetes are undiagnosed.

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.BlueChoiceSC.com.

