Prediabetes
A condition where one’s blood sugar level is higher than normal, but not high enough for a diagnosis of diabetes.
Also referred to as: borderline diabetes.

90% of adults with prediabetes don’t know they have it.

If you have prediabetes, you are more likely to:
- Have a Stroke
- Develop Heart Disease
- Develop Type 2 Diabetes

$707,000,000 spent on prediabetes in South Carolina in one year.*

Diagnosed Prediabetes Prevalence 2021

Data Source: SC DHEC BRFSS

Diagnosed Prediabetes Prevalence
Percent of Adults by County, 2017–2018, 2021

2017 - 2018, 2021 average
- 7.5% – 10.0%
- 10.1% – 10.7%
- 10.8% – 12.1%
- 12.2% – 20.2%

What can be done?

Get Tested.
Knowing one’s risk status and taking early action can have long-term benefits.

Who should get tested?
- Older adults, 45 +
- Overweight or obese adults
- Adults who are physically inactive
- Adults with high blood pressure
- Adults with family members who have diabetes
- Women who have had diabetes while pregnant
- Women who had a baby weighing more than 9 lbs

I have prediabetes, now what?
Lifestyle changes can help prevent or delay type 2 diabetes.

- Improve food choices
- Lose 5-7 percent body weight
- Get 150 minutes physical activity per week

Low to no-cost programs in SC can help.
The National Diabetes Prevention Program is a proven program that provides group support and in person access to trained professionals.

Visit DolHavePrediabetes.org to take a 1-minute risk test.
Visit dprp.cdc.gov/Registry to find a National Diabetes Prevention Program near you.