

DIABETES



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Diabetes means your blood glucose (sugar) is higher than normal and insulin (a hormone made in your body) is not working correctly to get the glucose out of your blood and into the cell.

2

Too much blood glucose can cause damage to your nerves, blood vessels, and/or organs.

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1 in 3 adults has prediabetes and 1 in 10 has diabetes.

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The **Diabetes Prevention Program** is proven to help those with prediabetes prevent diabetes.

5

The **Healthy Living with Diabetes** program is proven to help those with diabetes improve their A1C and better manage their diabetes.

FIND A DIABETES PROGRAM NEAR YOU
AT WIHEALTHYAGING.ORG

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Wisconsin Institute
for Healthy Aging