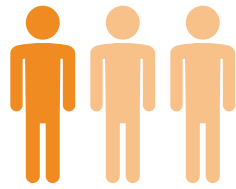


Diabetes is the **8TH** LEADING CAUSE OF DEATH IN THE U.S. (and may be underreported).

www.cdc.gov/nchs/fastats/leading-causes-of-death.html



38% OF ADULTS in the U.S. have prediabetes.

www.cdc.gov/diabetes/data/statistics-report/index.html



KNOW YOUR NUMBERS

	A1C TEST	FASTING BLOOD SUGAR TEST	GLUCOSE TOLERANCE TEST
Normal	Below 5.7%	99 mg/dL or below	140 mg/dL or below
Prediabetes	5.7–6.4%	100–125 mg/dL	140–199 mg/dL
Diabetes	6.5% or above	126 mg/dL or above	200 mg/dL or above

A1C Test: Blood test that measures your average blood glucose level over the past 3 months

Fasting Blood Sugar Test: Blood test that measures your blood glucose level upon waking before eating or drinking anything

Glucose Tolerance Test: Blood test that measures your blood glucose level after drinking a glucose mixture dissolved in water

www.cdc.gov/diabetes/images/library/socialmedia/road-to-diabetes-1080.jpg

Revised 05/2024

PRIMARY CARE PROVIDERS

Middlebury
(203) 758-8107
(203) 758-1316

Naugatuck
(203) 729-6641
(203) 729-5271

Southbury
(203) 264-6503
(203) 405-7170

Thomaston
(860) 283-6255

Waterbury
(203) 756-7788
(203) 573-7284
(203) 756-6148
(203) 574-1274

Watertown
(860) 274-5497

Wolcott
(203) 879-8003

Woodbury
(203) 266-0080



CDC-recognized lifestyle change program participants who lost 5-7% of their body weight and added 150 minutes of exercise per week cut their risk of developing type 2 diabetes by **UP TO 58%**

www.cdc.gov/diabetes/prevention/why-participate.html#:~:text=Why%20Participate%3F-On%20This%20Page&text=Imagine%3A%20You%20and%20the%20National,people%20over%2060%20years%20old.