



Knowing your risk level for diabetes and getting regular blood sugar screenings are important for diabetes prevention. Taking early action and talking to your provider about diabetes risk will make a difference. Diabetes is the seventh leading cause of death for people in Vermont,¹ so it is important to take your risk levels seriously.

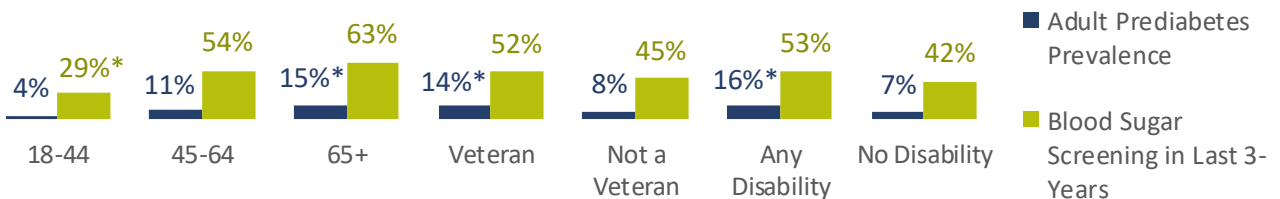
Damage to the eyes, kidneys, nerves, and heart begin even before diabetes can be diagnosed, with a condition called **prediabetes**.²

Some Things Can Place People at Greater Risk of Developing Diabetes

- Having prediabetes (HbA1c of 5.7%-6.4%),
- Harmful levels of body fat,
- A family history of diabetes,
- Being over the age of 45,
- Being physically inactive,
- Ever having gestational diabetes (diabetes during pregnancy),
- Being indigenous, Latinx, or black.

One in 11 (9%) Vermont Adults has been Diagnosed with Prediabetes³

Your likeliness of **prediabetes** increases with age, veteran and disability status. As seen below, many people in Vermont are not regularly getting **screened for high blood sugar**. Blood sugar screening is the best way to monitor your diabetes risk.



* Statistically worse than state average.

Not all risk groups shown, chart displays only sociodemographic groups showing statistically significant differences.

- The rate of prediabetes is likely underestimated due to low screening rates (45% among adults overall). It is estimated that around four in five people with prediabetes do not know that they have it.⁴

Take Steps to Prevent Diabetes

- **Talk with your healthcare provider.** Regular screening and testing will help maintain awareness and identify the need for intervention early.
- You can **prevent or reverse prediabetes with proven lifestyle changes**, like exercise and eating habits.
- See the Health Department [Diabetes Surveillance page](#) for more information on diabetes and prediabetes prevalence in Vermont.

Know Your Risk for Diabetes

Take this simple quiz to find out

[Start Quiz](#)

(<https://www.myhealthvvt.org/prediabetes-risk-quiz/>)

¹ Vermont Vital Statistics, 2022., ² Tabák AG et al. Prediabetes: A high risk state for developing diabetes. *Lancet*. 2012;379(9833):2279-2290. ³ VT Behavioral Risk Factor Surveillance System (BRFSS), 2021. ⁴ CDC. Diabetes Basics. Last Reviewed May 15, 2024. Accessed June 27, 2024. https://www.cdc.gov/diabetes/about/?CDC_AAref_Val=https://www.cdc.gov/diabetes/basics