


Prediabetes – Could It Be You?

OHBA Wellness Pages

86 million American adults – more than 1 out of 3 have prediabetes.

9 out of 10 people with prediabetes do not know they have it.

The infographic is divided into two main sections. The left section features a vertical bar with three segments: 'TYPE 2 DIABETES' (top, light blue), 'PREDIABETES' (middle, dark blue), and 'NORMAL' (bottom, green). An arrow points from the 'PREDIABETES' segment to the text: 'Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes'. The right section is titled 'Prediabetes increases your risk of:' and contains three circular icons: a hand holding a needle (labeled 'TYPE 2 DIABETES'), a heart with an ECG line (labeled 'HEART DISEASE'), and a head with a brain (labeled 'STROKE').

If you have prediabetes, losing weight by: *Eating Healthy & Being More Active* can cut your risk of getting type 2 diabetes in HA  LF.

Without weight loss and moderate physical activity – **15-30% of people with prediabetes** WILL develop type 2 diabetes within 5 years.

People who have diabetes are at higher risk of serious health complications such as: Blindness; Kidney Failure; Heart Disease; Stroke; Loss of Toes, Feet, Or Legs.

The infographic has a dark blue background with white and green text and icons. At the top, it says 'YOU CAN PREVENT TYPE 2 DIABETES'. Below this, it says 'FIND OUT IF YOU HAVE PREDIABETES – See your doctor to get your blood sugar tested' with a white medical cross icon. To the right, it says 'JOIN A CDC-RECOGNIZED diabetes prevention program' with a green icon of a group of people. In the center, there are three icons: an apple, a hand holding a green leaf, and a scale. Below these icons are three checkmarks with the text: 'eat healthy', 'be more active', and 'lose weight'. At the bottom, it says 'LEARN MORE FROM CDC AND TAKE THE PREDIABETES RISK QUIZ AT <http://www.cdc.gov/diabetes/prevention>'.



The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The Members remain responsible for their own operations, safety practices and

procedures and should consult with legal counsel as they deem appropriate.

WELLNESS PAGE MEETING GUIDE

Topic: Prediabetes

Project: _____ Address: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Safety or Health issues discussed. Include recent accident investigations and hazards involving tools, equipment, the work environment, work practices and any Safety or Health recommendations:

Follow up on recommendations from last safety meeting:

Record of those attending:

Name: (please print)	Signature:	Company:
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Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)