



Prediabetes 30 Sec PSA

November is National Diabetes Month. There are over 300,000 Alabamians known to have prediabetes – a condition in which individuals have elevated blood glucose or A1c levels higher than normal, but not quite high enough to be diagnosed or classified as diabetes.

The good news? Prediabetes and type two diabetes – or adult-onset diabetes – can be prevented or delayed.

To learn the risk factors and lifestyle changes that you can make, visit our website at Alabama-Public-Health-dot-gov-slash-diabetes.

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