

# PreDiabetes Word Search

Prediabetes – it’s real, it’s common and most importantly, it’s reversible. One in three American adults have prediabetes, and more than 84 percent of the people with prediabetes don’t know they have it. Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. Make some lifestyle changes to prevent or delay type 2 diabetes.

Check out Centers for Disease Control and Prevention website: [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

**Instructions:** Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.

Blood Glucose

Hyperglycemia

Prediabetes

Exercise

Hypoglycemia

Quit Smoking

Gestational Diabetes

Nutrition

Risk Factors

Hemoglobin A1C

Obesity



# Solution & Key Words

**Blood Glucose** – The main sugar found in the blood and the body’s main source of energy.

**Exercise** – Regular physical activity means getting at least 150 minutes a week of brisk walking or similar activity. That’s just 30 minutes a day, five days a week.

**Gestational Diabetes** – A type of diabetes that only develops during pregnancy and usually disappears after delivery. It increases the mother’s risk of developing diabetes later in life.

**Hemoglobin A1C** – Measure of a person’s average blood glucose level over the past two to three months. Hemoglobin is the part of a red blood cell that carries oxygen to the cells and sometimes joins with the glucose in the bloodstream.

**Hyperglycemia** – High blood sugar happens when the body has too little insulin or when the body can’t use insulin properly.

**Hypoglycemia** – Low blood glucose, a condition that occurs when one’s blood glucose is lower than normal, usually below 70 mg/dl. Signs include hunger, nervousness, shakiness, perspiration, dizziness, sleepiness, and confusion.

**Nutrition** – Following a balanced diet and eating meals at consistent times can help with blood glucose control. Glucose comes primarily from the foods that we eat, specifically carbohydrates – and it’s not just sweets.



**Obesity** – A condition in which a greater than normal amount of fat is in the body; more severe than overweight; having a body mass index of 30 or higher puts you at risk for prediabetes.

**Prediabetes** – A condition classified in people who have blood glucose or hemoglobin A1C higher than normal, but not high enough to be classified as diabetes. People with prediabetes have an increased risk of developing type 2 diabetes, heart disease, and stroke.

**Quit Smoking** – People who smoke are 30 to 40 percent more likely to develop type 2 diabetes than non-tobacco users.

**Risk Factors** – A variable associated with an increased risk of disease. Risk factors for diabetes include being 45 years or older; have a parent, brother, or sister with type 2 diabetes; are physically active less than three times a week; and have ever had gestational diabetes or given birth to a baby who weighed more than 9 pounds.