

PreDiabetes Matching Puzzle

Match the words on the left with correct sentence on the right.

EXAMPLE: Car **1** ————— **A** A vehicle used to travel.

Hemoglobin A1c **1**

A Blood sugar is high and the body has too little insulin or can't use insulin properly

Exercise **2**

B A blood test that measures your average blood sugar levels over the past 2-3 months

Gestational Diabetes **3**

C A healthy diet rich in vegetables, fruits, beans, whole grains, nuts, fish, skinless poultry, lean meats, and plant-based proteins

Hyperglycemia **4**

D Regular physical activity that can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels

Obesity **5**

E The main sugar found in the blood and the body's main source of energy

Nutrition **6**

F A type of diabetes that only develops during pregnancy

Hypoglycemia **7**

G A doctor who treats individuals with diabetes

PreDiabetes **8**

H When a person's body weight is greater than what is considered normal or healthy for a certain height.

Blood Glucose **9**

I A condition that occurs when a person's blood glucose is lower than normal

Endocrinologist **10**

J A condition classified in people who have blood sugar or hemoglobin A1C higher than normal, but not high enough to be classified as diabetes

www.Qsource.org

This material was prepared by Qsource, a/an Network of Quality Improvement and Innovation Contractors under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this document do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 22.QIO.04.037

