



Prediabetes in Minnesota Adults

How many adults in Minnesota have prediabetes?

Around **one in three** (34.5%) American adults have prediabetes.¹ Using this number, **about 1.5 million adult Minnesotans may have prediabetes.**

In 2020 **only 8.7% percent** of adults in Minnesota (approx. 380,000) said their health care team told them they had prediabetes.² These numbers suggest that most Minnesotans with prediabetes do not know they have it.

In the US, prediabetes rates are similar for many racial or ethnic backgrounds.³

Why is it important?

People with prediabetes are at higher risk type 2 diabetes, heart disease, and stroke.¹

People with prediabetes can also develop health problems usually associated with diabetes like early stages of kidney disease, nerve damage, and blood vessel damage. The risk of stroke is also higher in people with prediabetes.¹

A 2019 study estimated that 2017 medical costs for US adults with prediabetes were \$500 higher each year as compared to adults without prediabetes. Costs were higher due to treatment of cardiovascular problems, kidney problems, hormonal problems, and general medical issues.⁴ This

means up to \$823 million dollars may be spent each year on medical services for adults with prediabetes in Minnesota.

There are steps people with prediabetes can take to lower their chances of developing diabetes, such as losing weight. **Prediabetes can be reversed.**

Who is at risk for diabetes?

Older adults: Prediabetes is more common among older adults. Around 24 percent of 18-44 year-olds have prediabetes. This nearly doubles for adults 65 and older.¹

People with obesity or an unhealthy weight: About two out of three adults in Minnesota were overweight or obese in 2020.² People who are overweight or obese are more likely to have prediabetes than people who are normal weight.

Adults who get little physical activity: In 2019, only one in four adult Minnesotans said they met the weekly guidelines for aerobic physical activity and muscle strengthening.² Physical activity is associated with maintaining a healthy weight and lowering risk of prediabetes and type 2 diabetes.

What can be done to reduce risk for diabetes?

People with an unhealthy weight and prediabetes who were in a lifestyle change program had 58% lower risk of developing

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type 2 diabetes than people with prediabetes who were not in the program.

Participants:

- Had moderate weight loss (5-7% of starting weight)
- Increased their physical activity to 150 minutes per week

The program, called the [National Diabetes Prevention Program](https://www.health.state.mn.us/diseases/diabetes/prevent/diabetesprevention.html) (<https://www.health.state.mn.us/diseases/diabetes/prevent/diabetesprevention.html>) worked for people of many ethnic backgrounds and ages.¹

Ten years later, fewer people in the lifestyle change program had developed type 2 diabetes than those who did not participate, showing long-term effects.^{1,5}

Medications including metformin can also delay or prevent type 2 diabetes but lifestyle changes were more effective.³

What steps can I take now?

See your health care provider and get tested. In 2020 slightly more than half (56.1%) of Minnesota adults had a blood sugar test for prediabetes or diabetes in the last three years.² Most adults with prediabetes do not know they have it.

Talk with your health care provider about how to lower your risk. In 2016-2017, 73.5% of US adults with prediabetes who were overweight received advice from their health care provider about how to reduce their diabetes risk.⁶ Be a champion for your health and ask your doctor what lifestyle changes you should make.

Take steps that can help prevent diabetes. Many US adults with prediabetes and who were overweight acted on advice from their providers; 70% increased their physical activity and 39.6% participated in a program

to reduce their risk of developing diabetes.⁶ Three steps can make a difference if you're overweight:

- Increase your physical activity, starting by adding just a few minutes each day
- Make small changes in your diet like enjoying fruits, vegetables, and whole grains, and choosing water over sugary beverages. Swap out processed or red meat for poultry, fish, nuts, or beans.
- Try to lose weight (10-15 pounds can make a big difference).

The National Diabetes Prevention Program can help people achieve these goals.

Support health equity in your community.

Factors like education, income, mobility, safety, and housing can all affect health. Changes that support [health equity](https://www.health.state.mn.us/communities/equity/about/creatingtheequity.html) (<https://www.health.state.mn.us/communities/equity/about/creatingtheequity.html>) like making healthy food more available or creating space for safe physical activity can help your community be healthy.

References

¹[CDC National Diabetes Statistics Report 2020](#)

²[CDC, Behavioral Risk Factor Surveillance Survey, MDH analysis 3Cowie C.C. et al. 2018. Chapter 3 in Diabetes in America, 3rd Ed.](#)

⁴[Dall T.M. et al. 2019. Diabetes Care 37:3172](#)

³[National Diabetes Information Clearinghouse](#)

⁶[Ali M.K. et al. 2019. Jama Netw Open. 2\(5\):e193160](#)

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03/14/22

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