Prediabetes

Prediabetes means that your blood sugar (glucose) levels are higher than normal. Prediabetes increases your risk for type 2 diabetes. The chart below shows tests that help to diagnosis prediabetes.

About Glucose
Glucose is needed by every cell in your body. Insulin helps the cells use glucose. For people with prediabetes, insulin levels may be lower, or the cells may be resistant to insulin. As a result, cells do not get the energy they need and blood glucose rises.

Insulin Resistance
Insulin resistance means that the cells do not use insulin as normal. Glucose builds up in the blood. This extra glucose causes damage over time.

What You Can Do
Making these healthy changes can help to delay or prevent diabetes.

- **Be physically active every day.** This makes your cells more sensitive to insulin. Start slowly. This can be just 3-5 minutes at first. Work up to 30 minutes or more each day. Try activities you enjoy.
- **Limit foods and drinks with added sugar.** Choose water, tea or coffee. Avoid fruit juice, fruit drinks, lemonade, sweetened teas, etc. Limit sweets or desserts.
- **Find ways to manage stress.**
- **Ask about a diabetes prevention program or class.** If you have prediabetes, a Diabetes Prevention Program can help you build healthy habits and lower your risk of type 2 diabetes. You'll learn simple ways to eat healthier, be more active, and make lasting lifestyle changes that support a healthy weight and improve your overall health.

For more information, please go to https://patient.uwhealth.org/ and search "lifestyle change program."

	A1C Test	Fasting Blood Glucose	Glucose Tolerance Test
Diabetes →	6.5% or higher	126 mg/dL or higher	200 mg/dL or higher
Prediabetes →	5.7 – 6.4%	100-125 mg/dL	140-199 mg/dL
Normal →	5.6 or lower	99 mg/dL or lower	140 mg/dL or lower

Note: Some content may have been created with artificial intelligence (AI) assistance. Clinical experts reviewed and approved all information.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#8116