

**Dr. Griffin Rodgers, Director, National Institute of Diabetes and Digestive and Kidney Diseases, Audio Clip**

**National Diabetes Month 2014—Clip #2**

“Well, if you have prediabetes, you’re certainly at risk for type 2 diabetes and heart disease. People who have prediabetes—a condition where their blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes—are at high risk for developing type 2 diabetes. They’re also at higher risk for heart disease.

The good news is that research has shown that you can delay or prevent the development of type 2 diabetes by making simple but important lifestyle changes: losing just 7 percent of your body weight, which is about 15 pounds if you weigh 200 pounds; by reducing the amount of your calories; and by being more physically active. For example, walking 30 minutes a day, for at least 5 days a week, can reduce your chances of developing type 2 diabetes by more than 58 percent.”