

98 Million American Adults Have Prediabetes, and More Than 8 in 10 Don't Even Know It, According To Research

Most people who have it feel completely fine, and that is exactly the problem, because a simple blood sugar test is the only way to know.

MIAMI, FL, UNITED STATES, July 10, 2026 /EINPresswire.com/ -- New [federal health data](#) put prediabetes at a larger scale than ever reported: 115.2 million American adults, more than 2 in 5, now have it. Behind that number sits a quieter fact, and it is the real story. Eight in 10 of those adults do not know. The condition has become one of the most common things a person can have without feeling it. Prediabetes rarely announces itself. Blood sugar runs higher than normal but below the diabetes threshold, usually with no symptoms at all. Nobody looks different, nobody feels different, and life goes on.



Ceylon Cinnamon

The people inside the number

It is the person who feels fine and has not thought about a checkup in years. It is the parent juggling work and kids whose own appointments always land at the bottom of the list. It is the man who says he would know if something were wrong, because that is how it works with everything else. It is [more than half of adults over 65](#), a stage of life when the condition becomes the rule rather than the exception. None of them feel sick, because there is nothing to feel. The number that would tell them sits in a routine blood test most have simply never had a reason to ask for.

That is why the awareness gap matters more than the headline figure. A condition this quiet is

not found by waiting. It is found by looking.

The encouraging part

This is a warning that arrives in time to act. According to federal health guidance, losing weight by eating healthier and moving more can [cut the risk of developing type 2 diabetes in half](#). For most people, the first step is not a new routine at all. It is a number, and a blood sugar test at any ordinary checkup provides it.

Everyday habits and label literacy

Some of the attention on metabolic wellness lands on the kitchen shelf, where cinnamon has become a fixture of daily routines. Most of the cinnamon sold in the United States is Cassia rather than true Ceylon cinnamon, known scientifically as *Cinnamomum verum*, and both are often labeled simply as "cinnamon," which makes it hard for shoppers to tell what they are buying. Reading past the front of the pack has become part of the broader conversation about awareness. No ingredient replaces screening or a doctor's guidance.

"The most striking thing in these numbers is not how many people have prediabetes, it is how many do not know they do," said Tanvin Joy, [title] at Liraé, a Miami wellness company known for true Ceylon cinnamon. "That is a screening and awareness problem first. Know your numbers, talk to your doctor, and read the label closely on anything you add to your routine."

The first step

The first step is not a purchase or a resolution. It is a conversation with a doctor about a blood sugar test, and for anyone unsure whether screening applies to them, that same conversation answers it. Everything else, from eating patterns to daily habits, works best with a doctor in the loop.

About Liraé

Based in Miami, Florida, Liraé is a brand known for true Ceylon cinnamon (*Cinnamomum verum*), offered in a simple once-daily form.

Tanvin Joy

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