

# TAKE THE TEST – KNOW YOUR SCORE



**Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes.** Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

Yes	No
1	0
1	0
1	0
5	0
5	0
5	0
5	0
5	0

Answer these seven simple questions. For each “Yes” answer, add the number of points listed. All “No” answers are 0 points

- Are you a woman who has had a baby weighing more than 9 pounds at birth?
- Do you have a sister or brother with diabetes?
- Do you have a parent with diabetes?
- Find your height on the chart below. Do you weigh as much as or more than the weight listed for your height?
- Are you younger than 65 years of age and get little or no exercise in a typical day?
- Are you between 45 and 64 years of age?
- Are you 65 years of age or older?

Add your score and check the bottom left of this page to see what it means.

## AT RISK WEIGHT\* CHART

4'10" 129	5'3" 152	5'8" 177	6'1" 204
4'11" 133	5'4" 157	5'9" 182	6'2" 210
5'0" 138	5'5" 162	5'10" 188	6'3" 216
5'1" 143	5'6" 167	5'11" 193	6'4" 221
5'2" 147	5'7" 172	6'0" 199	

\* Weight measured in pounds

## IF YOUR SCORE IS 3 TO 8 POINTS

This means your risk is probably low for having prediabetes now.

## IF YOUR SCORE IS 9+ POINTS

This means your risk is high for having prediabetes now. Please make an appointment with your health care provider soon.

## STEPS TO PREVENT DIABETES

Prediabetes is a warning sign. Taking healthy lifestyle steps may prevent or delay the onset of type 2 diabetes. These simple steps may help:

1. Eat well balanced meals
2. Move more
3. Get adequate rest
4. Manage your stress
5. Know your numbers

