

Are you at risk for prediabetes?

Prediabetes means your blood sugar (glucose) is higher than normal. It means that you don't have diabetes yet, but you could be at risk for getting it.

Take this prediabetes test and find out if you're at risk!

Answer the seven questions below. For each "Yes" answer add the number of points shown.

All "No" answers are 0 points.

YES

Are you a woman who has had a baby weighing more than 9 pounds at birth?	1
Do you have a sister or brother with diabetes?	1
Do you have a parent with diabetes?	1
Find your height on the chart below. Do you weigh as much as or more than the weight listed for your height?	5
Are you younger than 65 years of age and get little or no exercise in a typical day?	5
Are you between 45 and 64 years of age?	5
Are you 65 years of age or older?	9

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

Total your score and see the back of this card to find out what it means.

If your score is 3 to 8 points

Your risk is probably low for having prediabetes. Make sure you keep your risk low. If you're overweight, lose weight. Be active most days. Don't use tobacco.

If your score is 9 or more points

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

If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change.

An Idaho Diabetes Prevention Program can help!

If you find out you have prediabetes, enrolling in a Diabetes Prevention Program (DPP) can help you prevent or delay type 2 diabetes. All programs are led by a trained lifestyle coach in a group setting.

You'll learn about and practice healthy eating and physical activity habits that have been proven to reduce the risk of developing type 2 diabetes. You'll discuss topics such as healthy eating, increasing physical activity, reducing stress, problem solving, and much more.

To find a Diabetes Prevention Program near you, call 211 Idaho CareLine or visit www.diabetes.idaho.gov.

