

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 | Answer these seven simple questions. For each “Yes” answer, add the number of points listed. All “No” answers are 0 points |
|-----|----|--|
| 1 | 0 | Are you a woman who has had a baby weighing more than 9 pounds at birth? |
| 1 | 0 | Do you have a sister or brother with diabetes? |
| 1 | 0 | Do you have a parent with diabetes? |
| 5 | 0 | Find your height on the chart below. Do you weigh as much as or more than the weight listed for your height? |
| 5 | 0 | Are you younger than 65 years of age and get little or no exercise in a typical day? |
| 5 | 0 | Are you between 45 and 64 years of age? |
| 5 | 0 | 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



HEALTH PROJECT
A COMMUNITY BENEFIT MINISTRY OF MERCY HEALTH