# DO YOU HAVE PREDIABETES?

#### **Prediabetes Risk Test**

1 How old are you?

Less than 40 years (0 points) 40—49 years (1 point) 50—59 years (2 points) 60 years or older (3 points)

2 Are you a man or a woman?

Man (1 point) Woman (0 points)

If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6 Are you physically active?

Yes (0 points) No (1 point)

What is your weight status? (see chart at right)

### If you scored 5 or higher:

You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

Write your score in the box.

Height

4' 10"

4'11"

5'0"

5′ 1″

5'2"

5'3"

5' 4"

5'5"

5'6"



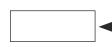












5'7" 159-190 191-254 255+ 5' 8" 164-196 197-261 262 +5'9" 169-202 203-269 270+ 5' 10" 174-208 209-277 278+ 5'11" 179-214 215-285 286+ 6'0" 184-220 221-293 294+ 6'1" 189-226 227-301 302+ 6'2" 194-232 233-310 311+ 200-239 240-318 319+ 6'3" 6' 4" 205-245 246-327 328+ (1 Point) (2 Points) (3 Points) You weigh less than the amount in the left column

Weight (lbs.)

143-190

148-197

153-203

158-210

164-217

169-224

174-231

180-239

186-246

191+

198+

204+

211+

218+

225+

232+

240+

247+

119-142

124-147

128-152

132-157

136-163

141-168

145-173

150-179

155-185

Add up your score.



RISK TESX

American Diabetes Association Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.

(0 points)

Original algorithm was validated without gestational diabetes as part of the model

## **LOWER YOUR RISK**

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit DoIHavePrediabetes.org for more information on how to make small lifestyle changes to help lower your risk.

For more information, visit us at

DoIHavePrediabetes.org

To learn about local resources, visit https://prd.chfs.ky.gov/ KYDiabetesResources/Search.aspx









# **84 MILLION AMERICANS HAVE PREDIABETES. DO YOU?**

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Are you physically active?

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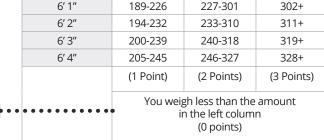




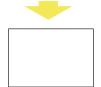








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