



# KNOW YOUR RISK FOR PREDIABETES

## GET SCREENED TODAY

### Hispanics are at higher risk for prediabetes.

Prediabetes means your blood glucose level is higher than normal, but not high enough to be diagnosed as diabetes.

Having prediabetes puts you at higher risk for developing type 2 diabetes, a disease that comes with serious health problems.

That's why it's important to know the risk factors.



**AGE 45  
OR OLDER**



**OVERWEIGHT**



**FAMILY HISTORY  
OF TYPE 2  
DIABETES**



**DIABETES  
WHILE  
PREGNANT**



**ADULTS IN THE  
UNITED STATES  
HAS PREDIABETES.**

**90% OF THEM  
AREN'T AWARE  
THAT THEY DO.**

Turn this page over and take a one-minute test to find out if you're at risk for prediabetes.



### READY TO MAKE HEALTHY CHOICES?

**1** **LEARN** more about prediabetes

**2** **GET** screened

**3** **ENROLL** in the lifestyle change program if you have prediabetes

# Could you have prediabetes?

## Prediabetes Risk (Screening) Test

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. **If you've been diagnosed with diabetes, this test isn't for you.**

WRITE YOUR SCORE  
IN THE BOX.

**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)

**3 If you are a woman, have you ever been diagnosed with gestational diabetes?**.....   
 Yes (1 point)      No (0 points)

**4 Do you have a mother, father, sister or brother with diabetes?**.....   
 Yes (1 point)      No (0 points)

**5 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)

**7 What is your weight category?**.....   
 See chart at right.

Height	Weight (pounds)		
4' 10"	119–142	143–190	191+
4' 11"	124–147	148–197	198+
5' 0"	128–152	153–203	204+
5' 1"	132–157	158–210	211+
5' 2"	136–163	164–217	218+
5' 3"	141–168	169–224	225+
5' 4"	145–173	174–231	232+
5' 5"	150–179	180–239	240+
5' 6"	155–185	186–246	247+
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+
6' 3"	200–239	240–318	319+
6' 4"	205–245	246–327	328+
	<b>1 point</b>	<b>2 points</b>	<b>3 points</b>
If you weigh less than the amount in the left column: <b>0 points</b>			

### If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes. **Talk to your doctor to learn more.**

ADD UP  
YOUR SCORE.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

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

**If you are at risk of type 2 diabetes, your health insurance may cover a lifestyle change program to help. Find out if you qualify:**

CALL **866-691-3469**



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