

What's My Risk?

Prediabetes means your blood glucose (sugar) is higher than normal, but not high enough to be called diabetes. **Diabetes** is a serious disease which can cause heart disease, stroke, blindness, kidney failure or loss of limbs if left uncontrolled. Type 2 diabetes can be delayed or prevented in people with prediabetes through lifestyle changes.

Take the Test: Know Your Score!

- 1** How old are you? Write your score in the box.
- 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 point) No (1 points)
- 7** What is your weight status? (see chart at right)

Height	Weight (lbs.)		
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+
	(1 point)	(2 points)	(3 points)

If you weigh less than the amount in the left column (0 points).

Add up your score.

If you scored 5 or higher:
You're likely to have prediabetes and are at high risk for diabetes. Talk to your doctor to see if additional testing is needed.

Losing weight and being physically active most days of the week has been shown to decrease your risk of diabetes by 58 percent.

To keep your risk of developing diabetes low:

- ▶ If you are overweight, lose 5-7 percent of your current weight to lower your risk. For a 200-pound person, that means losing 10-14 pounds.
- ▶ Be active most days. Include 30 minutes of physical activity, five days per week as a goal.
- ▶ Eat three meals a day at regular times.
- ▶ Avoid skipping meals and limit portion sizes.
- ▶ Include a variety of lean meats, low-fat dairy, whole grains and fresh fruits and vegetables in your food choices.