

DO YOU HAVE PREDIABETES?

Prediabetes Risk Test

- 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)
- 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)
- Are you physically active?
 Yes (0 points) No (1 point)
- What is your weight status?
 (see chart at right)

Write your score in the box.



Add up your score.



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)
You weigh less than the amount in the left column (0 points)			

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

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).

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



Let us help YOU prevent type 2 diabetes

If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. The **Diabetes Prevention Program** can help you make lasting changes to reduce your risk of type 2 diabetes.

With the Diabetes Prevention Program you get:

- The skills you need to lose weight, be more physically active, and manage stress
- A trained lifestyle coach to guide and encourage you
- Support from other participants with the same goals as you
- 16 weekly sessions
- 6 monthly follow-up sessions to help you maintain healthy lifestyle changes – and fun!

Sign-Up for a Program near you!

Cambridge

March 20

7-8 pm

[Dorchester Family YMCA](#)

410-221-0505 ext 112

Denton

April 10

1:30 and 5:30 pm

[Denton YMCA](#)

410-726-1014

Elkton

April 6

10-11 am

[Cecil Co. Health Department](#)

410-479-8081

Chestertown

March

TBA

[Kent Co. Health Department](#)

410-778-2167

Easton

March 13

1:30 and 5:30 pm

[Easton Family YMCA](#)

410-726-1014

Rock Hall

March

TBA

[Rock Hall Municipal Building](#)

410-778-2167

Denton

March 22

6-7 pm

[Denton Public Library](#)

410-479-8081

Elkton

April 3

12-1 pm

[Cecil Co. Health Department](#)

410-479-8081

Salisbury

April

1:30 and 5:30 pm

[Salisbury YMCA](#)

410-726-1014



The Caroline County Health Department

A State Agency Serving the People of Caroline

