

# What is Prediabetes?

**PREDIABETES** means a person's blood glucose (sugar) is higher than normal, but not high enough yet to be diagnosed with type 2 diabetes. People with prediabetes are on the road to develop type 2 diabetes and are also at increased risk for serious health problems such as stroke and heart disease. Prediabetes often can be reversed through lifestyle changes such as increased physical activity, healthy eating, and weight loss. The earlier people are diagnosed with prediabetes, the more likely they can reverse it and prevent type 2 diabetes.

## Am I at risk for type 2 diabetes?

Answer these seven simple questions. For each "Yes" answer, add the number of points listed. All "No" answers are 0 points.

	YES	NO	Write your score in the box.
1. Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0	<input type="text"/>
2. Do you have a sister or brother with diabetes?	1	0	<input type="text"/>
3. Do you have a parent with diabetes?	1	0	<input type="text"/>
4. Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?	5	0	<input type="text"/>
5. Are you younger than 65 years of age and get little or no exercise in a typical day?	5	0	<input type="text"/>
6. Are you between 45 and 64 years of age?	5	0	<input type="text"/>
7. Are you 65 years or older?	9	0	<input type="text"/>
			<b>TOTAL</b>
			<input type="text"/>

Add up your score. If your score is 9 or more points, your risk is high for having prediabetes. You are eligible to participate in the Eat Smart, Move More, Prevent Diabetes program. Click [HERE](#) to see class times.

Height	Weight Pounds	Height	Weight Pounds
4'10"	129	5'7"	172
4'11"	133	5'8"	177
5'0"	138	5'9"	182
5'1"	143	5'10"	188
5'2"	147	5'11"	193
5'3"	152	6'0"	199
5'4"	157	6'1"	204
5'5"	162	6'2"	210
5'6"	167	6'3"	216
		6'4"	221

You CAN prevent type 2 diabetes.

Eat Smart, Move More, Prevent Diabetes can help.