

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.

You **CAN** prevent type 2 diabetes.

Eat Smart, Move More, Prevent Diabetes can help.

Am I at risk for type 2 diabetes?

1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the box.

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+
	1 Point	2 Points	3 Points
You weigh less than the 1 Point column (0 points)			

Add up your score. If your score is 5 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.

TOTAL

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