



Did You Know?

- Prediabetes means blood sugar levels are high but not high enough to be called diabetes.
- People with prediabetes don't usually have any symptoms.
- About 79 million Americans over the age of 20 have prediabetes. That's about one in every three people!
- Women who have had diabetes during pregnancy are at increased risk for developing diabetes in the 10 to 20 years after pregnancy.
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease and nerve damage.

Take the **RISK TEST** inside this brochure to find out if you are at risk for type 2 diabetes or prediabetes. Prediabetes is a serious health condition that can lead to diabetes, heart disease, and stroke. Most people with prediabetes don't know that they have the condition.

Your logo and phone number here

Talk to your provider today about ways you can prevent diabetes!

This brochure developed by the Central Oregon Health Council Regional Health Improvement Plan diabetes prevention and control team.

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Could You Be At Risk for Diabetes?



Take the test inside this brochure to find out if you are at risk for diabetes.



Diabetes Risk Test

If you answer *YES* to any item write the number in the *POINTS* column. Add your points and write the number in the box next to *TOTAL*.

DIABETES RISK TEST	YES	POINTS
I had a baby weighing more than nine pounds at birth OR I have had diabetes during pregnancy.	1	
I have a sister or a brother with diabetes.	1	
I have a parent with diabetes.	1	
I am overweight. (See the At-Risk Weight Chart on the right)	5	
I am younger than 65 years of age AND get little or no exercise in a typical day.	5	
I am between 45 and 64 years of age.	5	
I am 65 years of age or older.	9	
TOTAL POINTS		

A score of nine or higher means you are at-risk for prediabetes or diabetes.

At-Risk Weight Chart

If your weight is at or over the weight listed next to your height add 5 points on the chart.

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



Was your score 9 or higher?

A score of 9 or above does NOT mean you have diabetes but there are important steps you need to take next!

- 1 Schedule an appointment with your provider for a diabetes blood test.
- 2 Talk with your primary care team about ways to prevent diabetes.
- 3 Know there is good news if you have prediabetes!

The good news is that lifestyle changes *can* prevent or delay diabetes in more than half of people with prediabetes.

Here are some ideas to get started!

- Learn about healthy food choices and start to make diet changes
- Increase your physical activity
- Learn coping skills to keep eating healthy and stay active!



Ask your care team about resources to help prevent diabetes today!