

PREDIABETES

COULD IT BE YOU?



86
MILLION

86 million American adults—more than 1 out of 3—have prediabetes

1 OUT OF 3



9 OUT OF 10

people with prediabetes do not know they have it

Yes	No
1	0
1	0
1	0
5	0
5	0
5	0
9	0

Are you a women that has had a baby weighing more than 9 lb at birth?

Do you have a brother or sister with diabetes?

Do you have a parent with diabetes?

Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?

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

Are you younger than 65 and get little or no exercise in a typical day?

Are you between 45 and 64 years of age?

Are you 65 years of age or older?

Add your score and check "Know Your Risk" to see what it means.

Know Your Risk

0-8 Your risk is probably low for having prediabetes.

Keep your risk low.

- Lose weight if you are overweight.
- Be active most days. Don't use tobacco.
- Eat low-fat meals with fruits, vegetables, and whole-grain foods.
- Know your numbers. Talk to your provider about your cholesterol and blood pressure.

9+ Your risk is high for prediabetes. Ask your doctor about the National Diabetes Prevention Program.



Ask your provider about it today!