

CDC Prediabetes Screening Test



COULD YOU HAVE PREDIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

TAKE THE TEST—KNOW YOUR SCORE!

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

| Yes | No |
|-----|----|
| 1 | 0 |
| 1 | 0 |
| 1 | 0 |
| 5 | 0 |
| 5 | 0 |
| 5 | 0 |
| 9 | 0 |
| | |

Are you a woman who has had a baby weighing more than 9 pounds at birth?

Do you have a sister or brother 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?

Are you younger than 65 years of age 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.

If your score is 9 or above your risk is "HIGH" for having prediabetes NOW.

AT-RISK WEIGHT CHART

| Height | Weight <small>Pounds</small> | Height | Weight <small>Pounds</small> |
|--------|------------------------------|--------|------------------------------|
| 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 |

Call or text:

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Resethealthcoaching.com

National Center for Chronic Disease Prevention and Health Promotion
Division of Diabetes Translation

