DO YOU HAVE PREDIABETES?

Prediabetes Risk Test

1. How old are you?
   - Less than 40 years (0 points)
   - 40—49 years (1 point)
   - 50—59 years (2 points)
   - 60 years or older (3 points)

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 status? (see chart at right)

Write your score in the box.

Add up your score.

If you scored 5 or higher:
You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

If you scored 6 or higher:
You've scored high on the prediabetes risk test, indicating a higher risk of developing type 2 diabetes. It's important to take steps to lower your risk.

If you scored 7 or higher:
You've scored very high on the prediabetes risk test, indicating a very high risk of developing type 2 diabetes. It's crucial to take immediate action to lower your risk.

Lower Your Risk
Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit DoIHavePrediabetes.org for more information on how to make small lifestyle changes to help lower your risk.

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at DoIHavePrediabetes.org
Millions of Americans are at risk for diabetes. ARE YOU?

Higher than normal blood sugar, or “prediabetes,” affects up to one in three Americans—and many of them don’t know it. Prediabetes makes a person more likely to develop type 2 diabetes within 5 years, and raises the risk of other serious health problems like heart attack and stroke.

PREVENTION IS POSSIBLE
The good news is that in many cases diabetes and other health problems can be delayed or prevented through modest lifestyle changes like eating a healthier diet and increasing physical activity. We can help!

START HERE

1. Take the quiz on the other side of this page about your risk factors for prediabetes—then encourage your loved ones to take the quiz too.

2. If you score 5 or higher on the quiz, talk to your doctor about getting an A1C blood sugar test to check for prediabetes.

3. If testing shows that you do have prediabetes, join other members of our community in finding support for a healthy lifestyle and reducing health risks:

   • Eligible U-M Premier Care members can join the Diabetes Prevention Program with no out-of-pocket cost. New classes start every week: hr.umich.edu/diabetes-prevention

   • U-M faculty and staff as well as spouses and other qualified adults can take advantage of MHealthy programs to move more, eat a healthier diet, manage weight, and more. Learn more: mhealthy.umich.edu

HEALTHY

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