

# Do You Have Prediabetes?

**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)

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 status? (see chart at right)**



HEIGHT	WEIGHT (LBS.)		
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 amount in the left column (0 points)			

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. Talk to your doctor to see if additional testing is needed. Usually a simple blood test (A1C) can find out what your glucose levels are.

You can also get a low-cost (\$25) A1C test at your local health department office. You can get results in a few minutes plus free resources for diabetes prevention and management (see contact information at right; appointment recommended).

It's possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

**SOUTHWEST  
UTAH PUBLIC  
HEALTH  
DEPARTMENT**



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**Kane County**  
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445 N. Main, Kanab

**Beaver County**  
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**Garfield County**  
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[swuhealth.org/diabetes](http://swuhealth.org/diabetes)