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)

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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?

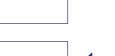
> Yes (1 point) No (0 points)



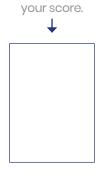
6. Are you physically active?

Yes (0 points) No (1 point)









Add up

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					

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.





Washington County

in the left column

(0 points)

(435) 986-2557 620 S. 400 E. St. George

Iron County

(435) 586-2437 260 E. DL Sargent Dr. Cedar City

Kane County

(435) 644-2537 445 N. Main, Kanab

Beaver County

(435) 438-2482 75 W. 1175 N. Beaver

Garfield County (435) 676-8800 601 E. Center, Panguitch



swuhealth.org/diabetes