

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 zero 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 below. 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 and check the back of this page to see what it means.

AT-RISK WEIGHT CHART (pounds)

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



KNOW YOUR SCORE

9 or More Points:

High risk for having prediabetes now. Please bring this form to your health care provider soon.

3 to 8 Points:

Probably not at high risk for having prediabetes now. To keep your risk level below high risk:

- If you're overweight, lose weight
- Be active most days
- Don't use tobacco
- Eat low-fat meals including fruits, vegetables, and whole-grain foods
- If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes

What if I scored a '9' or Higher on the Test?

Get Tested for Prediabetes!

Individual or group health insurance: See your health care provider. If you don't have a provider, ask your insurance company about providers who take your insurance. Deductibles and copays may apply.

Medicaid: See your health care provider. If you don't have a health care provider, contact a state Medicaid office or your local health department.

Medicare: See your health care provider. Medicare will pay the cost of testing if the provider has a reason for testing. If you don't have a provider, contact your local health department.

No insurance: Contact your local health department for more information about where you could be tested or call your local health clinic.



Find a program near you in Wisconsin:
www.PreventDiabetesWI.org