

DO YOU HAVE PREDIABETES?

Take the risk test here! Use your hand to add up your points.



1. How old are you?
 - Less than 40 (none)
 - 40-49 (1 finger)
 - 50-59 (2 fingers)
 - 60 or older (3 fingers)
2. Are you a male or female?
 - Male (1 finger)
 - Female (none)
3. If you are a woman, have you ever been diagnosed with gestational diabetes?
 - Yes (1 finger)
 - No (none)
4. Does your mother, father, sister, or brother have diabetes?
 - Yes (1 finger)
 - No (none)
5. Have you ever been diagnosed with high blood pressure?
 - Yes (1 finger)
 - No (none)
6. Are you physically active?
 - Yes (none)
 - No (1 finger)
7. Describe your weight.
 - Ideal Weight (none)
 - Slightly Overweight (1 finger)
 - Overweight (2 fingers)
 - Obese (3 fingers)

If you're holding up 5 fingers or more, you may have prediabetes and could be at risk of developing type 2 diabetes. Share these results with your doctor and ask about getting your blood pressure tested. People experience symptoms differently, so it's important to get your blood glucose checked yearly!

If you have pre-diabetes, research shows that you can lower your risk for developing type 2 diabetes 58% by:

- 1. Managing your weight.** Losing 7% of your bodyweight if you are overweight.
- 2. Exercising moderately.** 30 minutes a day (such as brisk walking), five days a week. Start with 10 minutes a day if you need to.
- 3. Managing your sleep duration.** Get plenty of rest! 7-8 hours per night is ideal.
- 4. Tracking your diet.** Drinking sugar-sweetened beverages, and consuming packaged sugary or starchy food is associated with a higher risk of prediabetes. A diet high in fruits, vegetables, nuts, whole grains, and olive oil is associated with a lower risk of prediabetes.