

ARE YOU AT RISK FOR TYPE 2 DIABETES?



9 out of 10 people with pre-diabetes don't know they have it!

TAKE THE TEST – KNOW YOUR SCORE!

For each “Yes”, add the number of points listed:

	Yes	No
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a parent with diabetes?	1	0
Do you have a brother or sister with diabetes?	1	0
On the chart below, is your weight at or above the one listed for your height?	5	0
Are you younger than 65 and get little daily physical activity?	5	0
Are you between 45 and 65 years old?	5	0
Are you 65 or older?	9	0

Weight Chart

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

TOTAL POINTS FOR ALL “YES” RESPONSES:

If you scored a **9 or higher** you may be at risk for pre-diabetes and do qualify for the NDPP program.

**Individuals who have already been diagnosed with Type 1 or Type 2 diabetes do not qualify for this program.*

