

## Prediabetes Screening Test

People with prediabetes are at high risk for developing Type 2 Diabetes.

Type 2 Diabetes can lead to serious health complications over time. Most people with prediabetes are not aware of their condition. Could you be one of them?

		<b>Enter Score</b>
<b>1.</b>	<b>I am:</b> Female (0 points) -Add 1 point if you have ever been diagnosed with gestational diabetes OR if you've ever had a baby weighing more than 9 pounds at birth.  Male (1 point)	
<b>2.</b>	<b>My age is:</b> 40-49 years (1 point) 50-59 years (2 points) 60 years or older (3 points)	
<b>3.</b>	<b>Do you have a mother, father, sister, or brother with diabetes?</b> No (0 points) Yes (1 point)	
<b>4.</b>	<b>Have you ever been diagnosed with high blood pressure?</b> No (0 points) Yes (1 point)	
<b>5.</b>	<b>Are you physically active?</b> No ( 1 point) Yes (0 point)	
<b>6.</b>	<b>Is your weight equal to or higher than the weight chart (see next page)?</b> No (0 points) Yes (5 points)	
	<b>Add Total Points in Box</b> <b>See what results mean on page 2</b>	

## Height/Weight Chart for Question 6

Height	Weight in pounds (Asian Descent)	Weight in pounds (All other)
4'10"	115	119
4'11"	119	124
5'0"	123	128
5'1"	127	132
5'2"	131	136
5'3"	135	141
5'4"	140	145
5'5"	144	150
5'6"	148	155
5'7"	153	159
5'8"	158	164
5'9"	162	169
5'10"	167	174
5'11"	172	179
6'0"	177	184
6'1"	182	189
6'2"	186	194
6'3"	192	200
6'4"	197	205
6'5"	202	210
6'6"	207	216

### Results:

**0-3: Low Risk of Developing Diabetes**

**4-7: Moderate Risk of Developing Diabetes**

**8 and above: High Risk of Developing Diabetes**

If you have moderate or high risk of developing diabetes, share this information with your doctor and ask to have a blood test to determine if you do have prediabetes.

**Learn how to cut your risk of developing diabetes IN HALF through the Prediabetes Program offered by Whole Food Is Medicine!**