

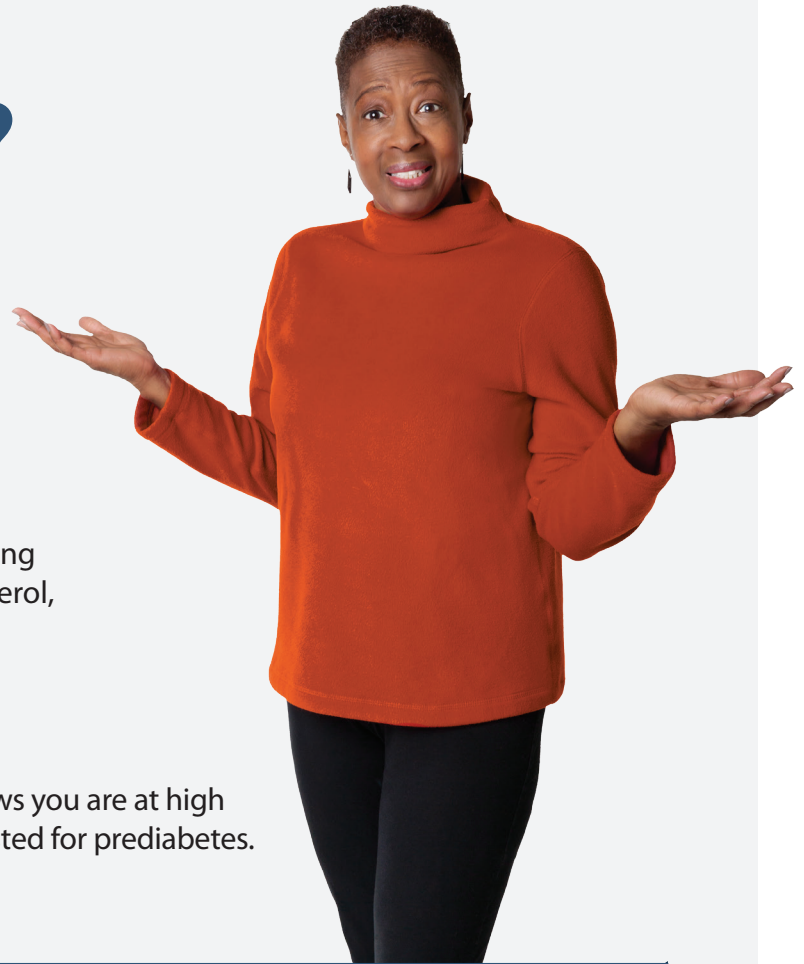
# Prediabetes? That's a thing?

**Prediabetes means you have a much greater risk of developing Type 2 diabetes.** Prediabetes happens when your blood sugar (glucose) level is higher than normal, but not high enough to be diagnosed as diabetes. In Massachusetts, **35% of adults** have prediabetes, **but most of them don't know they have it.**

Health risks for prediabetes and diabetes include being overweight or obese, high blood pressure or cholesterol, and being inactive.

## Take the Risk Test

**See the reverse side for a risk test.** If your score shows you are at high risk, talk to your healthcare provider about getting tested for prediabetes. A blood test can diagnose prediabetes and diabetes.



## How can I lower my risk?

By **improving your diet** and increasing **physical activity**, you can reverse prediabetes and reduce your risk of diabetes in the future. Making healthy food choices and getting regular physical activity can lower weight, blood pressure and cholesterol — and help you keep a normal blood sugar level. Lifestyle change programs that focus on diet and physical activity — like **the Diabetes Prevention Program** — are proven to cut your risk of type 2 diabetes by more than half.\*

## The Diabetes Prevention Program

The Diabetes Prevention Program (DPP) is a year-long, group program held at a local YMCA or health center. This program can help individuals lose 5-7% of their weight, which lowers their risk for diabetes.

A trained lifestyle coach will help you learn:

- **Practical ways to eat healthy**
- **How to add physical activity to your daily routine**
- **How to manage stress**

Joining a DPP may be free or you may be eligible for financial assistance. Contact a local program to learn more: [www.mass.gov/dph/preventdiabetes](http://www.mass.gov/dph/preventdiabetes)

\*National Institute of Diabetes and Digestive and Kidney Diseases, [http://www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-dpp/Documents/DPP\\_508.pdf](http://www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-dpp/Documents/DPP_508.pdf)



# Find out if you have prediabetes.

## Take the risk test.

### 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)

Write your score  
in the box.




### Are you a man or a woman?

- Man (1 point) Woman (0 points)

### If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point) No (0 points)

### Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point) No (0 points)

### Have you ever been diagnosed with high blood pressure?

- Yes (1 point) No (0 points)

### Are you physically active?

- Yes (0 points) No (1 point)

### What is your weight status?

(see chart at right)

### If you scored 5 or higher:

You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). **Talk to your doctor to see if additional testing is needed.**

Add up  
your score.




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 in the left column (0 Points)		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009 Original algorithm was validated without gestational diabetes as part of the model.

### Lower Your Risk

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

\*Adapted from the CDC, American Diabetes Association and American Medical Association "Do I have prediabetes? Risk Test."