



# Why do I prevent type 2 diabetes?

My wife and I want to have a long and happy future together. So when I learned I was at risk for developing diabetes, I knew preventing type 2 diabetes had to become a priority.

The Diabetes Prevention Program taught me how to lose weight, be more physically active, and reduce stress. And my doctor said it's making a difference.

I plan to stay healthy for a long time. **You can do it, too – join the program today!**

**Mondays, starting April 1**  
noon - 1 p.m.

**Tillamook Family YMCA**  
610 Stillway Ave.; Tillamook

**Register Now!**

Call the Aging and Disability  
Resource Connection  
**1-866-206-4799**



Funding for this advertisement was made possible (in part) by the Centers for Disease Control and Prevention. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

# COULD YOU HAVE PREDIABETES?

## Prediabetes Risk (Screening) Test

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. ***If you've been diagnosed with diabetes, this test isn't for you.***

WRITE YOUR SCORE  
IN THE BOX.

1 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)

2 Are you a man or a woman?.....

Man (1 point)

Woman (0 points)

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

Yes (1 point)

No (0 points)

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

Yes (1 point)

No (0 points)

5 Have you ever been diagnosed with high blood pressure?.....

Yes (1 point)

No (0 points)

6 Are you physically active?.....

Yes (0 points)

No (1 point)

7 What is your weight category?.....

See chart at right.

### If you scored 5 or higher:

ADD UP  
YOUR SCORE.

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes. **Talk to your doctor to learn more.**

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

Height

Weight (pounds)

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

If you weigh less than the amount in the left column: 0 points

**If you are at risk of type 2 diabetes, your health insurance may cover a lifestyle change program to help. Find out if you qualify:**

CALL 866-691-3469

VISIT [solera4me.com/healthinsight](http://solera4me.com/healthinsight)