



Got 30 seconds? Take this quiz - It could add years to your life. Directions: Put the appropriate number from the Yes/No column in the Answer column, then total your answer and refer to below for the score.

Yes	No	Answer	Question
1	0		Are you a woman who had a baby weighing more than 9 pounds at birth?
1	0		Do you have a sister or brother with diabetes?
1	0		Do you have a parent with diabetes?
5	0		Find your height on the body mass index chart to the below. Is your weight equal to or higher than the number listed next to your height?
5	0		Are you younger than 65 years of age and get little or no exercise in a typical day?
5	0		Are you between 45 and 65 years of age?
9	0		Are you 65 years of age or older?
			TOTAL - Take the total score and look below to find out what the score means.

Body Mass Index Chart

Height	Weight
4' 10"	128
4' 11"	132
5' 0"	137
5' 1"	142
5' 2"	146
5' 3"	151
5' 4"	156
5' 5"	161
5' 6"	166
5' 7"	171
5' 8"	176
5' 9"	181
5' 10"	187
5' 11"	192
6' 0"	198
6' 1"	203
6' 2"	209
6' 3"	215
6' 4"	220

About Your Score

9 or more points: High risk for prediabetes. Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented through effective lifestyle programs. Please consider getting your blood glucose tested for elevated levels.

3 to 8 points: Lower risk for having prediabetes today, but keep your risk low by doing the following:

- Maintain a healthy weight
- Don't use tobacco.
- If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes.

Take this quiz annually, and share with friends and family.

*** This quiz is for general information purposes only and is not intended to diagnose or provide medical advice.*