

Now's the Time. Take this test to find out if you're living with prediabetes.

Fill in the boxes below with your scores.

1. How old are you?

- Younger 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 woman or man?

- Woman (0 points)
- Man (1 point)

3. What race/ethnicity best describes you?

- Black or African America (1 point)
- White or Caucasian (0 points)
- Hispanic or Latino (1 point)
- Asian American (1 point)
- American Indian or Alaska Native (1 point)
- Native Hawaiian or Other Pacific Islander (1 point)
- Other (0 points)

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

- No (0 points)
- Yes (1 point)

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

- No (0 points)
- Yes (1 point)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(see chart on back)

TOTAL

Did you score a 5 or higher?

You may be at an increased risk for having prediabetes and type 2 diabetes.

The good news is that you can take steps to reduce your risk! There are lifestyle change programs, known as National Diabetes Prevention Programs (NDPP), where you can:

- Connect with a dietician
- Meet others like you who want to protect what's important by making healthy changes and lowering their chance of getting type 2 diabetes
- Take part in weekly classes followed by six monthly maintenance sessions

To enroll in a local NDPP or to learn more, go to NowstheTimeLA.com/find-an-ndpp

Height	Weight (pounds)		
	1 Point	2 Points	3 Points
4'10"	119+	143+	191+
4'11"	124+	148+	198+
5'0"	128+	153+	204+
5'1"	132+	158+	211+
5'2"	136+	164+	218+
5'3"	141+	169+	225+
5'4"	145+	174+	232+
5'5"	150+	180+	240+
5'6"	155+	186+	247+
5'7"	159+	191+	255+
5'8"	164+	197+	262+
5'9"	169+	203+	270+
5'10"	174+	209+	278+
5'11"	179+	215+	286+
6'0"	184+	221+	294+
6'1"	189+	227+	302+
6'2"	194+	233+	311+
6'3"	200+	240+	319+
6'4"	205+	246+	328+
Points	If you weigh less than the numbers listed by your height, enter 0 points.		

National Diabetes Prevention Program Information



This document was published for the Louisiana Department of Health to provide information on the risk of prediabetes. This material was printed in accordance with standards for printing by state agencies established in R.S. 43:31. Printing of this material was purchased in accordance with the provisions of Title 43 of the Louisiana Revised Statutes.