

NOW'S THE TIME

TO PROTECT WHAT'S REALLY IMPORTANT



Does the sugar run in your family? That doesn't mean **YOU** have to get it. Don't wait to learn more about your health.

nowthetimela.com

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WELL-AHEAD

WHAT IS PREDIABETES?

People with prediabetes, or borderline diabetes, have higher-than-normal levels of sugars in their blood, but not high enough to be type 2 diabetes...yet. The good news? Prediabetes can often be reversed! This means you can stop if from becoming type 2 diabetes. But now's the time to ACT!

According to the American Diabetes Association, 1.27 million people in Louisiana have prediabetes. But most don't know it! Now's the time to find out if you are at risk for prediabetes.

THE DANGERS OF DIABETES

Most of us know someone in our lived who has borderline diabetes or type 2 diabetes (the sugar). Their bodies can't break down the food they eat in the right way. Because of this, they get high blood sugar levels which can damage their organs, feet, eyesight, as well as their overall quality of life.

ARE YOU AT HIGH RISK OF THE SUGAR?

Don't wait. Find out if you're living with prediabetes.

Now's the time. See if you're at risk by taking this short and easy quiz, which will give you a personal risk number.

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 man or 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)

If you scored a 5 or higher, you may be at a higher risk for having prediabetes and type 2 diabetes, but only your doctor can tell you for sure. Now's the Time to take action! Visit nowsthetimela.com/ndpp to get connected to National Diabetes Prevention Programs near you.

TOTAL

Height	Weight (pounds)		
	1 Point	2 Points	3 Points
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+
Points	If you weigh less than the numbers listed by your height, enter 0 points.		