

# 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 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 on back)

**TOTAL**

## Did you score a 5 or higher?

If so, you may be at a higher risk for having prediabetes and type 2 diabetes, but only your doctor can tell you for sure. Share your results with your doctor and ask if additional testing is needed.

Making healthy lifestyle changes can help you prevent type 2 diabetes. National Diabetes Prevention Programs are led by trained lifestyle coaches and can give you the steps you need to cut your type 2 diabetes risk in half.

**Now's the Time to take action!** To get connected to a local program, visit [nowsthetimela.com/ndpp](http://nowsthetimela.com/ndpp).

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+
Points	1 Point	2 Points	3 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.

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