**Take this quiz to see if you are at risk**

*If you score 5 or higher, or have been told you have prediabetes - we want to work with you.*

**Did you know only 7 percent of people with prediabetes know they have it?**Prediabetes is serious. It can increase risk of heart attack and stroke.

We Have Good News – You can keep healthy with prediabetes and get blood sugars back on track.

**Change your life. Get started with our FREE revolutionary Diabetes Prevention Program** (space limited). Join us to learn more and meet our team of expert dietitians, educators and community coaches. We are here to support you on this new journey.



**Lower Your Risk**

Change your life by joining our Diabetes Prevention Program, proven to prevent or delay diabetes.

Enroll today - space limited!

|  |
| --- |
| Height Weight (lbs) |
| 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 | 246+ |
| 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)** |
|  | You weigh less than the amount in the left column (0 points) |

Write your score

 in the box

 Add up

 your score

**How old are you?**

 Less than 40 yrs (0 points)

 40-49 years (1 point)

 50-59 years (2 points)

 60 years or older (3 points)

**Are you a man or a woman?**

 Man (1 point) Woman (0 points)

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

 Yes (1 point) No (0 points)

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

 Yes (1 point) No (0 points)

**Have you ever been diagnosed with high blood pressure?**

 Yes (1 point) No (0 points)

**Are you physically active?**

 Yes (0 points) No (1 point)

**What is your weight status?**

 See chart at right

**If you scored 5 or higher:**

You’re likely to have prediabetes and you are at risk. Learn more.