Prediabetes means your blood sugar level is higher than normal, but not high enough to be diagnosed as diabetes. Without making changes, diabetes is likely to develop. Some risk factors include:

- Overweight
- <30 minutes of physical activity a day
- Age 45 or older
- Diabetes while pregnant or >9 lb baby

Make the change today by joining the National Diabetes Prevention Program with the Bear River Health Department!

**PREDIABETES LIFESTYLE CHANGE CLASS**

Are you or a loved one at risk for prediabetes?

1 in 3 adults in the United States has prediabetes. 90% of them aren’t aware that they do.

**NEXT VIRTUAL LIFESTYLE CLASS:**

- October 6, 2020 5:30-6:30pm
- Call 435-792-6510 to register

Take the risk assessment on the back to see if you are at risk.
DO YOU HAVE PREDIABETES?

Prediabetes Risk Test

1. How old are you?
   - Less 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 a 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 status? (see chart at right)

Write your score in the box.

Add up your score.

If you scored 5 or higher:

You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at

DoIHavPrediabetes.org

LOWER YOUR RISK

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit DoIHavPrediabetes.org for more information on how to make small lifestyle changes to help lower your risk.