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

Are you or a loved one at risk for prediabetes?

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

NEXT LIFESTYLE CLASS:

Begins January 26, 2021 (VIRTUAL)

TO REGISTER: Click HERE or Call 435-792-6510

Take the risk assessment here to see if you have prediabetes
**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)**

   - 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' 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+

   - (1 Point) (2 Points) (3 Points)

   You weigh less than the amount in the left column (0 points)

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

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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

[DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)