



COULD YOU HAVE PREDIABETES?

1 of 3 people are pre-diabetic.

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes.

Diabetes is a serious disease that can lead to heart attack, stroke, blindness, kidney failure, or loss of toes, feet or legs.

Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs.

TAKE THE FIRST STEP. FIND OUT YOUR RISK FOR PREDIABETES.

Answer these questions. Add the points listed.	Yes	No
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a sister or brother with diabetes?	1	0
Do you have a parent with diabetes?	1	0
Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?	5	0
Are you younger than 65 years of age and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0
Total Score:		

Height	Weight Pounds	Height	Weight Pounds
4'10"	129	5'7"	172
4'11"	133	5'8"	177
5'0"	138	5'9"	182
5'1"	143	5'10"	188
5'2"	147	5'11"	193
5'3"	152	6'0"	199
5'4"	157	6'1"	204
5'5"	162	6'2"	210
5'6"	167	6'3"	216

IF YOUR SCORE IS 3 TO 8 POINTS

Your risk is probably low for having prediabetes now. Keep your risk low. If you're overweight, lose weight. Eat healthy. Be active most days, and don't use tobacco.

IF YOUR SCORE IS 9 OR MORE POINTS

Your risk is high for having prediabetes now. Make an appointment with your health care provider soon.



"I'd like to be referred to a Community Health Worker or Health Coach to talk about my health conditions or concerns and get help to work on my health related goals."

NAME: _____

PHONE: _____

EMAIL: _____

CONTACT/RETURN TO: Jessica Martinez, Community Health Worker
218-726-1665 x 239 | jessica@communityactionduluth.org

Community Action Duluth Health and Wellness Staff can:

- » Help you set health related goals
- » Support you on your health journey
- » Keep you accountable to yourself

Learn more! Submit your name for a call back or email follow-up.



CommunityActionDuluth.org • (218) 726-1665
mail@communityactionduluth.org
2424 W 5th St, Suite 102 • Duluth, MN 55806