



**SURPRISE!**  
(YOU MAY HAVE PREDIABETES)  
**TAKE THIS QUIZ**  
**TO FIND OUT**

**PREDIABETES** means your blood sugar (glucose) is higher than normal. It means that you don't have diabetes yet, but you are at risk for getting it.

Take the **QUIZ** below and find out if you are at risk for prediabetes.

If the answer is **YES** write in the number listed in the corner of the box. If the answer is **NO** enter "0". Add your total in the box below.

Are you a woman who has had a baby weighing more than 9 pounds at birth?		<b>1</b>
Do you have a sister or brother with diabetes?		<b>1</b>
Do you have a parent with diabetes?		<b>1</b>
Find your height on the chart below. Do you weigh as much as or more than the weight listed for your height?		<b>5</b>
Are you younger than 65 years of age and get little or no exercise in a typical day?		<b>5</b>
Are you between 45 and 64 years of age?		<b>5</b>
Are you 65 years of age or older?		<b>9</b>
<b>YOUR TOTAL</b>		

HEIGHT/WEIGHT	HEIGHT/WEIGHT	HEIGHT/WEIGHT	HEIGHT/WEIGHT
4'10" 129	5'3" 152	5'8" 177	6'1" 204
4'11" 133	5'4" 157	5'9" 182	6'2" 210
5'0" 138	5'5" 162	5'10" 188	6'3" 216
5'1" 143	5'6" 167	5'11" 193	6'4" 221
5'2" 147	5'7" 172	6'0" 199	

**YOU ARE AT HIGH RISK**

You qualify for a **DIABETES PREVENTION PROGRAM**. Find a program today!

**IF YOU SCORED 9+**

To find a **Diabetes Prevention Program** near you, call **211 Idaho CareLine** or visit [preventdiabetes.dhw.idaho.gov](http://preventdiabetes.dhw.idaho.gov)

**1+** **IF YOU SCORED 1 OR MORE**

Use this quiz to talk with your doctor about your risk for prediabetes. Your doctor may want to test your sugar (glucose) levels and may refer you to a Diabetes Prevention Program if you qualify.

**LET AN IDAHO DIABETES PREVENTION PROGRAM HELP!**

If you find out you have prediabetes, enrolling in a CDC-recognized **Diabetes Prevention Program (DPP)** can help you prevent or delay type 2 diabetes. All programs are led by a trained lifestyle coach in a group setting.

You'll learn about and practice healthy eating and physical activity habits that have been proven to reduce the risk of developing type 2 diabetes. As a group, you will discuss topics such as healthy eating, increasing physical activity, reducing stress, problem solving, and much more.



**GET INFO.  
GET HELP.**

Find out more about  
**Diabetes Prevention Programs**  
Visit: [preventdiabetes.dhw.idaho.gov](http://preventdiabetes.dhw.idaho.gov)  
Call: **211 Idaho CareLine**



**IDAHO  
PREVENTS  
DIABETES**



IDAHO DEPARTMENT OF HEALTH & WELFARE  
**DIVISION OF PUBLIC HEALTH**

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