KNOW YOUR RISK FOR PREDIABETES
GET SCREENED TODAY

Would you like a wellness coach in your life?

Reduce your risk of type 2 diabetes by enrolling in a nationally recognized year-long lifestyle change program offered by New Mexico State University Extension Service. The course is available online, by distance learning or in-person. You may be eligible for this wellness program at no cost.

Your pharmacist is committed to your ongoing good health!

Here are some of the risk factors for prediabetes:

- AGE 45 OR OLDER
- OVERWEIGHT
- FAMILY HISTORY OF TYPE 2 DIABETES
- DIABETES WHILE PREGNANT

1 IN 3 ADULTS IN THE UNITED STATES HAS PREDIABETES.

90% OF THEM AREN’T AWARE THAT THEY DO.

READY TO MAKE HEALTHY CHOICES?

Online or distance learning programs are available to fit your schedule. Find a date and time that works for you!

solera4me.com/NMSU

In-person programs available in some areas. Call 575-646-2034 for more information.

This publication was supported by the Cooperative Agreement Number, NU58DP006369-01, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.
## Prediabetes Risk Test

1. **How old are you?**
   - Younger 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 category?**
   - (See chart at right)

### Height & Weight (lbs.)

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight (lbs.)</th>
<th>1 Point</th>
<th>2 Points</th>
<th>3 Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>4'10&quot;</td>
<td>119-142</td>
<td>143-190</td>
<td>191+</td>
<td></td>
</tr>
<tr>
<td>4'11&quot;</td>
<td>124-147</td>
<td>148-197</td>
<td>198+</td>
<td></td>
</tr>
<tr>
<td>5'0&quot;</td>
<td>128-152</td>
<td>153-203</td>
<td>204+</td>
<td></td>
</tr>
<tr>
<td>5'1&quot;</td>
<td>132-157</td>
<td>158-210</td>
<td>211+</td>
<td></td>
</tr>
<tr>
<td>5'2&quot;</td>
<td>136-163</td>
<td>164-217</td>
<td>218+</td>
<td></td>
</tr>
<tr>
<td>5'3&quot;</td>
<td>141-168</td>
<td>169-224</td>
<td>225+</td>
<td></td>
</tr>
<tr>
<td>5'4&quot;</td>
<td>145-173</td>
<td>174-231</td>
<td>232+</td>
<td></td>
</tr>
<tr>
<td>5'5&quot;</td>
<td>150-179</td>
<td>180-239</td>
<td>240+</td>
<td></td>
</tr>
<tr>
<td>5'6&quot;</td>
<td>155-185</td>
<td>186-246</td>
<td>247+</td>
<td></td>
</tr>
<tr>
<td>5'7&quot;</td>
<td>159-190</td>
<td>191-254</td>
<td>255+</td>
<td></td>
</tr>
<tr>
<td>5'8&quot;</td>
<td>164-196</td>
<td>197-261</td>
<td>262+</td>
<td></td>
</tr>
<tr>
<td>5'9&quot;</td>
<td>169-202</td>
<td>203-269</td>
<td>270+</td>
<td></td>
</tr>
<tr>
<td>5'10&quot;</td>
<td>174-208</td>
<td>209-277</td>
<td>278+</td>
<td></td>
</tr>
<tr>
<td>5'11&quot;</td>
<td>179-214</td>
<td>215-285</td>
<td>286+</td>
<td></td>
</tr>
<tr>
<td>6'0&quot;</td>
<td>184-220</td>
<td>221-293</td>
<td>294+</td>
<td></td>
</tr>
<tr>
<td>6'1&quot;</td>
<td>189-226</td>
<td>227-301</td>
<td>302+</td>
<td></td>
</tr>
<tr>
<td>6'2&quot;</td>
<td>194-232</td>
<td>233-310</td>
<td>311+</td>
<td></td>
</tr>
<tr>
<td>6'3&quot;</td>
<td>200-239</td>
<td>240-318</td>
<td>319+</td>
<td></td>
</tr>
<tr>
<td>6'4&quot;</td>
<td>205-245</td>
<td>246-327</td>
<td>328+</td>
<td></td>
</tr>
</tbody>
</table>

### Total score:

You weigh less than the 1 Point column (0 points)

---

**If you scored 5 or higher**

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

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

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

### You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent type 2 diabetes through a CDC-recognized lifestyle change program at [https://www.cdc.gov/diabetes/prevention/lifestyle-program](https://www.cdc.gov/diabetes/prevention/lifestyle-program).