

## Pre Diabetic?

### Take The Test Know Your Score!

Once you have completed the quiz add up your total score and if your score is equal to or greater than 9 you may be considered at risk for prediabetes.

1. Are you a woman who has had a baby weighing more than 9lbs at birth?  
(1-Yes/0-No)
2. Do you have a sister or brother with diabetes?  
(1-Yes/0-No)
3. Do you have a parent with diabetes?  
(1-Yes/0-No)
4. Find your height on the chart. Do you weigh more than the weigh listed for your height?  
(See the BMI chart)  
(5-Yes/0-No)
5. Are you younger than 65 years of age and get little or no exercise in a typical day?  
(5-Yes/0-No)
6. Are you between 45 and 64 years of age?  
(5-Yes/0-No)
7. Are you 65 years of age or older?  
(9-Yes/0-No)

**If you got a 9 or more, please call Vanessa Summers at 317-920-4951**

Source: Adapted from <http://www.cdc.gov/diabetes/prevention/prediabetes.htm>

## At-Risk Weight Chart

<b>Height</b>	<b>Weight (in Pounds)</b>
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221