

ARE YOU AT RISK FOR PREDIABETES?



TEST YOURSELF TO FIND OUT!

What is prediabetes?

Prediabetes occurs when a person's blood sugar (glucose) level is higher than normal but not yet high enough to be considered Type 2 (adult onset) diabetes. Most people with prediabetes will develop Type 2 diabetes within five years.

How is prediabetes different from Type 2 diabetes?

Type 2 diabetes is usually a permanent condition requiring daily maintenance medication and drastic lifestyle restrictions, while prediabetes can be reversed after making some lifestyle modifications.

Prediabetes Risk Test

POINTS

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)

POINTS

Are you a man or a woman?
 Man (1 point)
 Woman (0 points)

POINTS

If you are a woman, have you ever been diagnosed with gestational diabetes?
 Yes (1 point)
 No (0 points)

POINTS

Do you have a mother, father, sister, or brother with diabetes?
 Yes (1 point)
 No (0 points)

POINTS

Have you ever been diagnosed with high blood pressure?
 Yes (1 point)
 No (0 points)

POINTS

Are you physically active?
 Yes (0 points)
 No (1 point)

POINTS

What is your weight category?
 (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+
5'4"	145-173	174-231	232+
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 1 Point column (0 points)			

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

TOTAL SCORE

Results on following page. ➡

1 out of 3 American adults has prediabetes – that's more than 86 million people.

9 out of 10 people with prediabetes don't know they have it!

Could you be one of **THEM?**

If your score is less than 4 points:

This means your risk is probably low for having prediabetes.

If your score is 5 or more points:

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. Please make an appointment with your health care provider for a blood sugar (glucose) test and review the following resources, which are offered by your health plan at no cost to you.

Important Note: If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

Good news: GuideStone® is here to help you reverse prediabetes!

People with prediabetes who take part in a structured lifestyle change program can cut their risk of developing Type 2 diabetes by as much as 58%. GuideStone and your medical plan provider, Highmark Blue Cross Blue Shield, offer access to a diabetes prevention program for individuals who answer “yes” to at least one of the questions below. Plus, the program is at no cost to you if you enroll via Highmark BCBS.

- _____ **I scored 5 or more on the ADA and CDC prediabetes screening test.**
- _____ **My fasting glucose level is 100–125 mg/dl.**
- _____ **I have no current or previous diagnosis of diabetes.**
- _____ **My body mass index (BMI) is 25 or greater.**

Start reversing prediabetes today!

- STEP 1:** Log into [MyHighmark.com](https://myhighmark.com)
- STEP 2:** Click on the “Resources” link.
- STEP 3:** Click on Diabetes Prevention Program link.
- STEP 4:** Choose Livongo: Online and Mobile Coach.

Note: The YMCA in-person program option has changed and will provide coverage only to specific locations in Pennsylvania and Delaware. Therefore please choose Livongo when registering.