

# CDC Prediabetes Screening Test

## Take the Test—Know Your Score!

Answer these seven simple questions. For each “Yes” answer, add the number of points listed. All “no” answers are 0 points.

Yes	No
1	0
1	0
1	0
5	0
5	0
5	0
9	0

Are you a woman who has had a baby weighing more than 9

Do you have a sister or brother with diabetes?

Do you have a parent with diabetes?

Find your height on the chart. Do you weight as much as or more than the weight listed for your height?

Are you younger than 65 years of age and get little or no

Are you between 45 and 64 years of age?

Are you 65 years of age or older?

If you scored 3-8, you are at low risk. If you score a 9 or higher, you are at high risk. Make an appointment with your healthcare provider soon. The good news is that people can prevent or delay type 2 diabetes by losing just 5-7% of their body weight, by eating balanced meals and getting at least 150 minutes per week of physical activity such as brisk walking.



### At-Risk Weight Chart

Height	Weight	Height	Weight
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"	199
5'3"	152	6'0"	204
5'4"	157	6'1"	210
5'5"	162	6'2"	216
5'6"	167	6'3"	221

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# Diabetes is the 7th leading cause of death in North Carolina.

An estimated 1 in 3 North Carolinians have prediabetes and 9 out of 10 do not know it. Without lifestyle changes to improve their health, 15-30% of those people will develop type 2 diabetes within five years.

**Prediabetes** is when your blood sugar levels are higher than normal but not high enough to have diabetes. It increases your risk of type 2 diabetes, heart disease, and stroke. **Diabetes** is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal. This is also called hyperglycemia. Type 2 diabetes is the most common form of diabetes. If you have type 2 diabetes your body does not use insulin properly. This is called insulin resistance. At first, your pancreas makes extra insulin to make up for it. But, over time it isn't able to keep up and can't make enough insulin to keep your blood glucose at normal levels. **Early detection** and treatment of diabetes can decrease the risk of developing the complications of diabetes. It is important to know the common symptoms of diabetes listed below.

- Urinating often
- Feeling very thirsty and/or hungry even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

*You can prevent or delay type 2 diabetes by eating healthy, being active, and losing just 7% of your body weight (14 pounds for a 200 pound individual).* These are the same lifestyle changes everyone should make, not just those with prediabetes or diabetes. Visit the American Diabetes Association: [www.diabetes.org](http://www.diabetes.org) and Cabarrus Health Alliance Exercise is Medicine: [www.cabarrushealth.org/EIM/resources](http://www.cabarrushealth.org/EIM/resources).

*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.  
3 John 1:2 KJV*

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