

# CDC Prediabetes Screening Test



## COULD YOU HAVE PREDIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

### 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 pounds at birth?

Do you have a sister or brother with diabetes?

Do you have a parent with diabetes?

Find your height on the chart. Do you weigh 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 exercise in a typical day?

Are you between 45 and 64 years of age?

Are you 65 years of age or older?

**Add your score and check the back of this page to see what it means.**

### AT-RISK WEIGHT CHART

Height	Weight <small>Pounds</small>	Height	Weight <small>Pounds</small>
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"	193
5'3"	152	6'0"	199
5'4"	157	6'1"	204
5'5"	162	6'2"	210
5'6"	167	6'3"	216
		6'4"	221



## IF YOUR SCORE IS 3 TO 8 POINTS

This means your risk is probably low for having prediabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes.

## IF YOUR SCORE IS 9 OR MORE POINTS

This means your risk is high for having prediabetes now. Please make an appointment with your health care provider soon.

## HOW CAN I GET TESTED FOR PREDIABETES?

**Individual or group health insurance:** See your health care provider. If you don't have a provider, ask your insurance company about providers who take your insurance. Deductibles and copays may apply.

**Medicaid:** See your health care provider. If you don't have a provider, contact a state Medicaid office or contact your local health department.

**Medicare:** See your health care provider. Medicare will pay the cost of testing if the provider has a reason for testing. If you don't have a provider, contact your local health department.

**No insurance:** Contact your local health department for more information about where you could be tested or call your local health clinic.





## Make a Change Start Today!

If you think you may be at risk for type 2 diabetes:

- Take this brochure to a health care provider.
- Ask to be tested for prediabetes. The health care provider may do a simple blood test.
- Ask the health care provider to fill out a Patient Recommendation Form.
- Take the completed form to a program near you. To find a program, call or email:

Phone: 207-330-7769

Email: [ingrahlo@cmhc.org](mailto:ingrahlo@cmhc.org)



### CMH Diabetes Prevention Program

10 High Street, Suite 305  
Lewiston, ME 04240

Phone: 207-330-7769

Fax: 207-795-5688

Email: [ingrahlo@cmhc.org](mailto:ingrahlo@cmhc.org)



### CMH Diabetes Prevention Program

(207) 330-7769

## You can prevent diabetes through CMH DPP

If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. The CMH DPP lifestyle change program can help you make lasting changes to reduce your risk of type 2 diabetes. CMH DPP is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

### With the CMH DPP you get:

- A CDC-approved curriculum
- The skills you need to lose weight, be more physically active, and manage stress
- A trained lifestyle coach to guide and encourage you
- Support from other participants with the same goals as you
- 16 weekly sessions
- 6-8 monthly follow-up sessions to help you maintain healthy lifestyle changes

## The CMH DPP is in your community

Classes will be scheduled throughout the Central Maine Medical Family service area. CMH DPP is currently offered free of charge to eligible participants.



## Prediabetes can lead to type 2 diabetes

One out of three American adults has prediabetes, and most of them do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.

According to the CDC, without weight loss or moderate physical activity, many people with prediabetes will develop type 2 diabetes within 5 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

## You may have prediabetes and be at risk for type 2 diabetes if you:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

Take the "Could You Have Prediabetes?" online quiz at: [www.cdc.gov/diabetes/prevention/](http://www.cdc.gov/diabetes/prevention/). If your score shows you are at high risk for prediabetes, talk to your health care provider or contact our program.