PREDIABETES

COULD IT BE YOU?



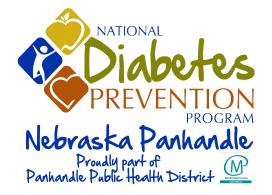


86 million American adults—more than 1 out of 3—have prediabetes



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Yes	No	
1	0	Are you a women that has had a baby weighing more than 9 lb at birth?
1	0	Do you have a brother or sister with diabetes?
1	0	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?
5	0	4'10 - 129 5'2 - 147 5'6 - 167 5'10 - 188 6'2 - 210 4'11 - 133 5'3 - 152 5'7 - 172 5'11 - 193 6'3 - 216 5'0 - 138 5'4 - 157 5'8 - 177 6'0 - 199 6'4 - 221 5'1 - 143 5'5 - 162 5'9 - 182 6'1 - 204
5	0	Are you younger than 65 and get little or no exercise in a typical day?
5	0	Are you between 45 and 64 years of age?
9	0	Are you 65 years of age or older?
		Add your score and check "Know Your Risk" to see what it means.



Ask your provider about it today!

Know Your Risk

0-8 Your risk is probably low for having prediabetes. Keep your risk low.

- Lose weight if you are overweight.
- Be active most days. Don't use tobacco.
- Eat low-fat meals with fruits, vegetables, and whole-grain foods
- Know your numbers. Talk to your provider about your cholesterol and blood pressure.

9+ Your risk is high for prediabetes. Ask your doctor about the National Diabetes Prevention Program.