

KNOW YOUR RISK

Several factors can put you at a higher risk for developing diabetes

1

Are you a man?

YES +1 point

NO 0 points

Write your score in the box ↓

2

Do you have a mother, father, or sibling with diabetes?

YES +1 point

NO 0 points

3

Are you physically inactive?

YES +1 point

NO 0 points

4

Do you have high blood pressure?

YES +1 point

NO 0 points

5

Are you over age

a. 60? YES +3 points

b. 50? YES +2 points

c. 40? YES +1 point

6

Are you overweight?

a. Very? +3 points

b. Moderately? +2 points

c. Somewhat +1 point

Add up your score ↓

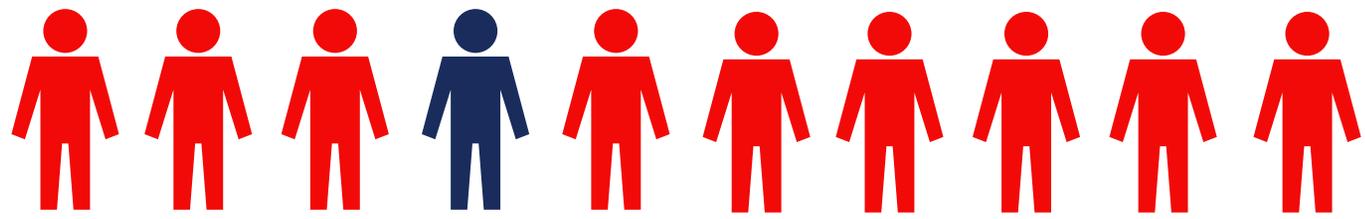
Add up your score. If you scored five or more points, you are at a high risk of having type 2 diabetes. Bring this tool to your next provider visit to discuss your risk.

Call Metro United Way 211 or one of the partners below to learn more about local programs and services that can help you prevent and manage diabetes.



Many factors can lead to the development of diabetes including poor diet, family history, and ethnicity. It is a serious condition where the body can no longer control the amount of glucose in the blood.

If you are at high risk, **your first step is to see your doctor** to see if additional testing for pre-diabetes is needed. If you have diabetes or pre-diabetes, **there are several community partners with resources to help you manage your health.**



9 OUT OF 10 People with pre-diabetes do not know they have it.

Diabetes has become an all too familiar disease. Few of us can say that we, or someone we know, are not effected by its reach.

It can be confusing to manage diabetes. If left untreated though, diabetes can put people at high risk for heart disease, stroke, blindness, kidney disease, and amputation.

HOW DO I PREVENT DIABETES?

#1 Know Your Risk
See the risk test on the reverse to know YOUR risk for Pre-Diabetes .

#2 Get The Help You Need
to prevent diabetes and its complications.

WHAT IS PRE-DIABETES?

A reversible risk factor, where blood glucose levels are high, but not high enough to diagnose diabetes. With pre-diabetes, the blood sugar is already high enough to increase your risk for heart disease and other damage to your body.

GET THE HELP YOU NEED

Knowing your risk is the first step to proactively treating or preventing diabetes.

If you are at risk of diabetes, or have already been diagnosed, there are several programs that can help you take care of yourself.

For Pre-Diabetes - The Diabetes Prevention Program. For those with Pre-diabetes, this program focuses on lifestyle changes that will reduce your risk of developing diabetes.

Diabetes Self-Management Education. These programs are for those already diagnosed with diabetes and focuses on behaviors that will help manage existing diabetes and reduce your risk for developing complications.