



Know Your Risk and Stop Type 2 Diabetes

Have you been told you have prediabetes, borderline diabetes, high blood sugar or have had gestational diabetes? Does diabetes run in your family? If so, you may be at risk for developing diabetes. The good news is there is something you can do to stop diabetes.

Take a minute to complete this short quiz to determine your risk for developing diabetes. You may be eligible for **MiHIA Diabetes Prevention Program**, an engaging, fun, clinically-proven and effective program that provides health coaching and social support to help you stop diabetes before it starts.

Please provide your contact information so that you can be offered participation in this program, if eligible.

Name: _____ Phone Number: _____

Email: _____

Answer the seven simple questions below. For each "Yes" answer, add the number of points listed. All "No" answers are 0 points.

	Yes	No
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a sister or brother with diabetes?	1	0
Do you have a parent with diabetes?	1	0
Find your height on the chart to the right. Do you weigh as much as or more than the weight listed for your height?	5	0
Are you younger than 65 years of age and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0
Total points for all "yes" responses:		
Above 9 Points at high risk		

Height	Weight (in Pounds)
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

Please return form to _____