



Local Services That Can Help

Saratoga Hospital Diabetes Education

518-886-5121

Cornell Cooperative Extension

518-885-8995

Ellis Medicine Diabetes Care

518-347-5421

Saratoga County Office for the Aging

518-884-4110

Your Insurance Company's Case Managers

See the number on the back of your card

For More Resources Visit:

SaratogaCounty.ny.gov/publichealth/prediabetes

MyPlate.gov

Diabetes.org



Saratoga County Prediabetes Coalition

ARE YOU AT RISK FOR PREDIABETES?

Write your score in the box

1. How old are you?.....
 Less than 40 years (0 points)
 40-49 years (1 point)
 50-59 years (2 points)
 60 years or older (3 points)

2. Are you a man or a woman?
 Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?
 Yes (1 point) No (0 points)

4. Do you have a mother, father, sister or brother with diabetes?
 Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?
 Yes (1 point) No (0 points)

6. Are you physically active?
 Yes (0 points) No (1 point)

7. What is your weight category?
 See chart at right.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
5' 0"	184-220	221-293	294+
5' 1"	189-226	227-301	302+
5' 2"	194-232	233-310	311+
5' 3"	200-239	240-318	319+
5' 4"	205-245	246-327	328+

1 point 2 points 3 points

If you weigh less than the amount in the left column: 0 points

3-8 points = low risk for having prediabetes now
9 or more points = high risk for having prediabetes now

TOTAL



What is prediabetes?

Prediabetes is a condition that comes before diabetes. It means that your blood glucose levels are higher than normal but aren't high enough to be called diabetes. There are no clear symptoms of prediabetes. You can have it and not know it.

If I have prediabetes, what does it mean?

It means you might get type 2 diabetes soon or down the road. You are also more likely to get heart disease or have a stroke. The good news is that you can take steps to prevent diabetes.

How can I delay or prevent type 2 diabetes?

You may be able to delay or prevent type 2 diabetes with:

- Physical activity, like walking
- Weight loss if needed— losing even a few pounds will help
- Taking a medication, if your doctor prescribes it

If you already have prediabetes, these steps may bring your blood glucose to a normal range. But you are still at a higher risk for type 2 diabetes.

You have the **POWER** to **PREVENT DIABETES** with these **7 STEPS**:

1. Increase your activity level
2. Eat the Healthy Plate way
3. Take off some weight
4. Set goals you can meet
5. Record your progress
6. Get Help
7. Keep at it!

