

# Are you at risk for pre-diabetes?

Take this short quiz - hold up one finger for each point:

1. ARE YOU A MAN OR A WOMAN?

Man (1 point)  
Woman (0 points)

2. IF YOU ARE A WOMAN, HAVE YOU EVER BEEN DIAGNOSED WITH GESTATIONAL DIABETES?

Yes (1 point)  
No (0 points)

3. DO YOU HAVE A MOTHER, FATHER, SISTER OR BROTHER WITH DIABETES?

Yes (1 point)  
No (0 points)

4. HAVE YOU EVER BEEN DIAGNOSED WITH HIGH BLOOD PRESSURE?

Yes (1 point)  
No (0 points)

5. ARE YOU PHYSICALLY ACTIVE?

Yes (0 point)  
No (1 points)

6. WHAT IS YOUR BODY TYPE?



7. 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)

If you're holding up 5 or more fingers, you may have pre-diabetes. The good news is you can manage your risk to prevent it from becoming type 2 diabetes. Call today, 728-7714, to learn what steps you can take to decrease your risk or to learn more about joining our

**FREE CDC Prevent2 Program.**



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