

# Do you have Prediabetes?



## Prediabetes Risk Test

Write your score in the box

**1. How old are you?**

Less than 40 years old (0 points)

40-49 years (1 point)

50-59 years (2 points)

60 years and older (3 points)

**2. Are you a man or a woman?**

Man (1 point) Woman (0 points)

**3. If you are woman, have you ever been diagnosed with gestational diabetes?**

Yes (1 point) No (0 points)

**4. Do you have 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 status?**

See chart

**TOTAL**

Height	Weight		
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' 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+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

(1 Point) (2 Points) (3 Points)

You weigh less than the amount in the left column (0 Points)

**IF YOU SCORED 5 OR HIGHER:**

You're likely to have prediabetes, a condition in which blood glucose levels are higher than normal, and are at risk for developing type 2 diabetes. The best way to know whether you have prediabetes or type 2 diabetes is to talk to your doctor to see if additional testing is needed.

**LOWER YOUR RISK**

Here's the good news: with small steps, it is possible to reduce your risk and avoid progression to type 2 diabetes. If you are at risk for prediabetes, the best thing to do is contact your doctor to see if additional testing is needed. For more information on how to help lower your risk visit: [Dolhavediabetes.org](http://Dolhavediabetes.org)

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Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.



## Prediabetes can lead to health problems

Nearly 90 percent of adults with prediabetes do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. If you have prediabetes, you could develop type 2 diabetes, a condition that affects your body's ability to manage insulin, and can lead to additional health issues such as heart attack, stroke, blindness, kidney failure, or loss of toes, feet or legs.

## Diabetes and Oral Health

- Diabetes increases your risk of gum disease, also known as periodontal disease.
- Diabetes and gum disease over a period of time can lead to tooth loss.
- Diabetes increases the time it takes for sores and infections in your mouth to heal.
- Diabetes affects your salivary function leading to dry mouth, affecting the taste of your food, and increases your risk for tooth decay.
- Swollen gums and high levels of plaque can affect your blood glucose levels and increase your risk for and ability to manage diabetes.

## Oral Health Checklist

- Get regular physician checkups.
- Visit a dentist at least every six months (even if you don't have natural teeth) and ask your dentist about how good oral health can help you control your diabetes.
- Brush twice daily for two minutes with a fluoridated toothpaste, and floss at least once each day.
- Limit foods and drinks that are high in sugar.
- Drink lots of fluoridated tap water throughout the day.
- Avoid tobacco products and limit alcoholic drinks.
- Eat proper foods as directed by your doctor.
- Check your blood glucose (sugar) correctly and keep your blood sugar at a healthy level.
- Take your medicine(s) as directed.
- Exercise.
- Manage stress.
- Check your mouth regularly for any problems or changes. If you notice red and swollen gums, loose teeth, a change in how your bite feels, or bad breath/bad taste in your mouth, visit your dentist.
- Consider attending a Diabetes Prevention Education Program.

1 in 3 adults has prediabetes.<sup>1</sup>



9 out of 10 people don't know they have prediabetes.<sup>1</sup>



<sup>1</sup>Credit: NIH, NDEP, & CDC "Diabetes and You: Healthy Teeth Matter!"