

A close-up photograph of a middle-aged Black man and woman embracing and laughing joyfully. The man is on the left, wearing a light blue and white striped shirt, and the woman is on the right, wearing a red and white striped shirt. They are both smiling broadly, showing their teeth. The background is softly blurred, suggesting an indoor setting.

KNOW

**TAKE A 30 SECOND QUIZ TO FIND
OUT YOUR RISK OF DIABETES.**

**NOT
ME[®]**

Community Programs to Prevent
and Control Diabetes

GOT 30 SECONDS? WANT 15 YEARS?

In the 30 seconds it takes to answer this short quiz you may discover insight that could add years to your life. Even if your family history or present lifestyle suggests an elevated risk of type 2 diabetes, it is possible to prevent or delay the disease. You can do it. You can tell diabetes, "NOT ME." We're here to help.

Answer Yes/No to the following questions. Circle and add up points in Yes column.

| Y | N | QUESTION |
|---|---|--|
| 1 | 0 | Are you a woman who 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? |
| 5 | 0 | Find your height on the chart. Do you weigh 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 65 years of age? |
| 9 | 0 | Are you 65 years of age or older? |

| HGT | WGT |
|-------|-----|
| 4'10" | 128 |
| 4'11" | 132 |
| 5'0" | 137 |
| 5'1" | 142 |
| 5'2" | 146 |
| 5'3" | 151 |
| 5'4" | 156 |
| 5'5" | 161 |
| 5'6" | 166 |
| 5'7" | 171 |
| 5'8" | 176 |
| 5'9" | 181 |
| 5'10" | 187 |
| 5'11" | 192 |
| 6'0" | 198 |
| 6'1" | 203 |
| 6'2" | 209 |
| 6'3" | 215 |
| 6'4" | 220 |

About Your Score

9 or more points: High risk for prediabetes. Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented through effective lifestyle programs. Please consider getting your blood glucose tested for elevated levels.

3 to 8 points: Lower risk for having prediabetes today, but keep your risk low. Maintain a healthy weight, and don't use tobacco. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes. Take this quiz annually, and share with friends and family.

TAKE ACTION TODAY.

1-800-237-4942 | www.hca.wa.gov/pebb

Quiz and statistics used by the Diabetes Prevention and Control AllianceSM (DPCA) courtesy of the Division of Diabetes Translation, Centers for Disease Control and Prevention (CDC), Atlanta, Georgia.

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Washington State
Health Care Authority