

# Diabetes Prevention Risk Quiz

Take the risk quiz below. Then find out more about your score.

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 to the right. Do you weigh more than the weight listed for your height? (see chart to the right)
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?
		<b>◀ TOTAL</b>

HEIGHT (feet)	WEIGHT (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

## About your score

**3 to 8 points:** You are at a lower risk for prediabetes today. Keep your risk low with healthy lifestyle choices. For healthy tips, use SmartHealth ([www.hca.wa.gov/pebb-smarthealth](http://www.hca.wa.gov/pebb-smarthealth)).

**9 or more points:** You are at high risk for prediabetes. See "Am I eligible" to find out if you can join the Diabetes Prevention Program (DPP) [www.hca.wa.gov/pebb-diabetes-prevention](http://www.hca.wa.gov/pebb-diabetes-prevention). The DPP helps you learn lifestyle changes through simple steps at no cost to eligible PEBB members.

## Am I eligible?

To join DPP at **no cost**, you must meet **all** of the following requirements:

- Score 9 or more points on this risk quiz.
- 18 years or older.
- Enrolled in a PEBB medical plan.
- Overweight (BMI  $\geq 25$ ; or  $\geq 22$  if Asian). Use a BMI calculator at <http://bit.ly/AdultBMICalculator>.
- No previous diagnosis of type 1 or type 2 diabetes.

If eligible, call  
**206-344-3181**

The Diabetes Prevention Program ("DPP") is available to you at no additional cost as part of your health plan. Participation in the DPP is completely voluntary. Your personal health information is kept private in accordance with your health plan's privacy policy and applicable law.

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