




# ARE YOU AT RISK FOR PREDIABETES?

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?**  
  
0 1 2 3
- 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 prediabetes. You can prevent it from becoming type 2 diabetes by joining the FREE YMCA Diabetes Prevention Program near you. Ask your medical provider.

To take the next step, visit:  
**MYHEALTHYVT.ORG**