

## Good news!

Healthy lifestyle changes can help you prevent prediabetes. People with prediabetes can prevent or delay getting Type 2 diabetes. Regular physical activity and eating healthier meals can make a difference.

### Diabetes Prevention Program (DPP)

Available from the national DPP, you can join a local lifestyle change program. DPP teaches habits to help you make healthy changes and are offered in-person or online. Some participants have lowered their risk of developing Type 2 diabetes by 58% through this program!

***“I’m proud to see how far I’ve come. I feel better. I feel stronger. I have a whole new life ahead of me!”***

– Michael Jones, Diabetes Prevention Program participant. Learn more about Michael’s story: [cdc.gov/diabetes/basics/prediabetes.html](https://www.cdc.gov/diabetes/basics/prediabetes.html)

Find Diabetes Prevention Programs near you: [dprp.cdc.gov/registry](https://dprp.cdc.gov/registry)



Use the QR code below to access free publications from the Diabetes Prevention and Control Program.



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**Could You  
Have  
Prediabetes?**



TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services

Healthy lifestyle changes can help prevent developing prediabetes and Type 2 diabetes.

## Did you know?

In Texas, more than 2 million adults<sup>1</sup> have prediabetes and over 2.5 million adults have Type 2 diabetes. Prediabetes is a condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as Type 2 diabetes. Prediabetes happens before you develop Type 2 diabetes. Prediabetes and diabetes can lead to other serious health problems.

## Risk factors for prediabetes

You are at risk for prediabetes if you:

- Are an African American, Hispanic, Native American, Asian American or Pacific Islander
- Have a parent, brother, or sister with Type 2 diabetes
- Are age 45 years or older
- Are overweight
- Are physically active fewer than three times per week
- Had gestational diabetes (diabetes during pregnancy) or had a baby weighing more than 9 pounds at birth
- Have [darkening of the skin folds of the neck](#). (Acanthosis nigricans)

## Could you have prediabetes?

Find out if you could be at risk. Take the quick risk test located in this brochure or online at [cdc.gov/prediabetes/takethetest](https://cdc.gov/prediabetes/takethetest)

<sup>1</sup>Prevalence of Pre-Diabetes Among Adults, by Demographic Characteristics, Risk Factors / Comorbid Conditions, and Place of Residence, Texas, 2021. Prepared by Chronic Disease Epidemiology Branch, Health Promotion and Chronic Disease Prevention Section, Texas Department of State Health Services

## Quick Risk Test Check if you could have prediabetes.



Questions	Points
<b>1. How old are you?</b> Less than 40 years (0 points) 40-49 years (1 point) 50-59 years (2 points) 60 years or older (3 points)	
<b>2. Are you a man or a woman?</b> Man (1 point) Woman (0 points)	
<b>3. If you are a woman, have you ever been diagnosed with gestational diabetes?</b> Yes (1 point) No (0 points)	
<b>4. Do you have a mother, father, sister or brother with diabetes?</b> Yes (1 point) No (0 points)	
<b>5. Have you ever been diagnosed with high blood pressure?</b> Yes (1 point) No (0 points)	
<b>6. Are you physically active?</b> Yes (0 points) No (1 point)	
<b>7. What is your weight category?</b> (See chart on the right)	
<b>Total Points</b>	

Height	Weight (pounds)		
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+
5'7"	159-190	191-254	255+
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+
	<b>1 point</b>	<b>2 points</b>	<b>3 points</b>
<i>You weigh less than the amount in the left column (0 points).</i>			

## If you score a 5 or higher

You are likely to be at high risk for prediabetes and later develop Type 2 diabetes. However, only your doctor can tell for sure if you have prediabetes or Type 2 diabetes. Talk to your doctor to see if more testing is needed. Early detection and proper treatment of diabetes can lead to a long and healthier life.