### 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)**

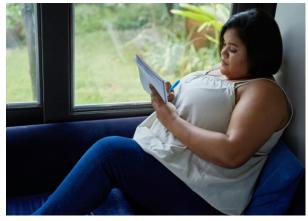
Available from the national DPP, you can join a local lifestyle change program. DPP teaches habits to help you make healthy changes and are offered in-person or online. Some participants have lowered their risk of developing Type 2 diabetes by 58% through this program!

"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: <u>cdc.gov/diabetes/basics/prediabetes.html</u>

Find Diabetes Prevention Programs near you: dprp.cdc.gov/registry





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



#### Contact us

Texas Department of State Health Services Diabetes Prevention and Control Program P.O. Box 149347, MC 1945 Austin, TX 78714-9347

diabetes@dshs.texas.gov

# dshs.texas.gov/diabetes

Produced and distributed by the Diabetes Prevention and Control Program at the Texas Department of State Health Services.





# 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 <u>darkening of the skin folds of the neck</u>. (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 <a href="mailto:cdc.gov/prediabetes/takethetest">cdc.gov/prediabetes/takethetest</a>

# Quick Risk Test Check if you could have prediabetes.



Questions	Points
1. 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)	
2. Are you a man or a	
woman? Man (1 point) Woman (0 points)	
3. If you are a woman, have you ever been diagnosed with gestational diabetes?	
Yes (1 point) No (0 points)	
4. Do you have a 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 category? (See chart on the right)	
Total Points	

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+
	1 point	2 points	3 points

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

### 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.

<sup>&</sup>lt;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