

# I CAN Prevent Diabetes Risk Questionnaire

This form will help you and your healthcare provider decide if you need a test for diabetes



You **DO NOT** need to answer these questions if:

- ✓ You already have diabetes
- ✓ You are pregnant now (this program is not for women who are pregnant)

## Take the Test – Know Your Score!

Answer these seven simple questions. For each “Yes” answer, add the number of points listed. All “No” answers are 0 points.

	Yes	No
Are you a woman who has 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?	1	0
Find your height on the chart on the back side. Do you weigh as much as or more than the weight listed for your height?	5	0
Are you younger than 65 years of age and get little or not exercise in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0
<b>Total points for “yes” responses:</b>		

## Know Your Score

**9 or more points:** High risk for having prediabetes now. Please bring this form to your health care provider soon. You may need a blood test to find out if you have prediabetes. If they recommend a test and you complete it, then ask your doctor, nurse or dietitian to fill in the information on the back and bring this completed form, signed by your provider to enroll in a diabetes prevention program. Check [www.icanpreventdiabetes.org](http://www.icanpreventdiabetes.org) for a group near you to help you reduce your risks for developing diabetes.

**3 to 8 points:** Probably not at high risk for having prediabetes now. To keep your risk level below high risk:

- If you're overweight, lose weight
- Be active most days
- Don't use tobacco
- Eat low-fat meals including fruits, vegetables, and whole-grain foods
- If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes

**What if I scored a “9” or higher on the test?**

**How can I get tested for prediabetes?**

**Individual or group health insurance:** See your health care provider. If you don't have a provider, ask your insurance company about providers who take your insurance. Deductibles and copays may apply.

**Medicaid:** See your health care provider. If you don't have a provider, contact a state Medicaid office or contact your local health department.

**Medicare:** See your health care provider. Medicare will pay the cost of testing if the provider has a reason for testing. If you don't have a provider, contact your local health department.

**No insurance:** Contact your local health department for more information about where you can be tested or call your local health clinic.

