



What is the National Diabetes Prevention Program?

1 in 3 Utahns are at risk for prediabetes, which can develop into type 2 diabetes. The National Diabetes Prevention Program is a year-long course designed to give you the tools you need to slow or prevent type 2 diabetes and enjoy living a healthy lifestyle.

Trained lifestyle coaches will support you in creating a plan to change your current habits to improve your health and your life.

By making small adjustments to your daily routine, you can improve your future health and lower your risk of developing type 2 diabetes.

Take action now to improve your quality of life and prevent the risk of type 2 diabetes.

To learn more or to register for a National Diabetes Prevention Program, scan this QR code:



or visit:
heal.health.utah.gov/prediabetes/

I have owned:

(Check all that apply)

- A boom box
- An 8-track
- A portable record player

The more boxes you checked, the greater your risk of prediabetes and developing type 2 diabetes.



84% of people who have prediabetes don't know it. Do you?

Take the short and easy quiz to find out if you're at high risk! Check the box next to your answer and add up the points to find your risk level.

1 How old are you?

- Younger than 40 (0 points)
- 40-49 years (1 point)
- 50-59 years (2 points)
- 60+ years (3 points)

2 Do you have a mother, father, sister, or brother with type 2 diabetes?

- Yes (1 point) No (0 points)

3 Have you ever been diagnosed with high blood pressure?

- Yes (1 point) No (0 points)

4 Are you physically active?

- Yes (0 points) No (1 point)

5 Are you a man or a woman?

- Woman (0 points)
- Man (1 point)

6 If you chose woman: Have you ever been diagnosed with gestational diabetes?

- Yes (1 point) No (0 points)

7 What is your weight category?

(see chart to right) 

Add up your points. If you scored **5 points or higher**, you are at an increased risk for having prediabetes, and are at high risk of developing type 2 diabetes.

Total points:

Lifestyle coaches can help manage prediabetes and lower the risk of developing type 2 diabetes.

Register for a National Diabetes Prevention Program now.

Find a program and coach today at: heal.health.utah.gov/prediabetes/

Height	Weight (lbs.)		
<i>If you weigh less than the 1 Point column (0 points)</i>			
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