

ARE YOU AT RISK FOR DIABETES?

EAT SMART, STAY ACTIVE NOJ ZOO, NYOB ZOO

NAME:
DATE:
PHONE NUMBER:
EMAIL ADDRESS:

DO YOU KNOW IF YOU HAVE PREDIABETES?

WOULD YOU LIKE SOMEONE FROM HAP'S PROGRAM TO CONTACT YOU?

YES NO

WHAT IS PREDIABETES?

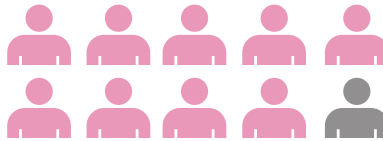
Prediabetes means your blood glucose (sugar) is higher than normal but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet and legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs.¹

DID YOU KNOW?

1 OUT OF 3 AMERICANS HAVE PREDIABETES
THAT IS 86 MILLION PEOPLE



9 OUT OF 10 PEOPLE WITH PREDIABETES
DO NOT KNOW THAT THEY HAVE IT



15% TO 30% OF PEOPLE WITH PREDIABETES WILL
DEVELOP TYPE 2 DIABETES WITHIN 5 YEARS



DO YOU HAVE DIABETES?

NO DIABETES DIABETES | EXCLUDE

WHAT IS YOUR SEX?

MALE | 1 POINT FEMALE | 0 POINTS

WHAT IS YOUR AGE?

UNDER 17 YEARS | EXCLUDE

18-40 YEARS | 0 POINTS

40-49 YEARS | 1 POINT

50-59 YEARS | 2 POINTS

60 YEARS OR OLDER | 3 POINTS

DO YOU HAVE A MOTHER, SISTER, FATHER OR BROTHER WITH DIABETES?

YES | 1 POINT NO | 0 POINTS I DON'T KNOW | 0 POINTS

USE THE RIGHT-HAND COLUMN TO KEEP TRACK OF YOUR POINTS

ADD YOUR SCORE

¹ DEFINED BY CDC PREDIABETES SCREENING TEST

ARE YOU AT RISK FOR DIABETES?

BMI for Asian Americans

EAT SMART, STAY ACTIVE NOJ ZOO, NYOB ZOO

DO YOU KNOW IF YOU HAVE PREDIABETES?

IF YOU ARE A FEMALE, ARE YOU PREGNANT?

PREGNANT | EXCLUDE NOT PREGNANT

USE THE RIGHT-HAND COLUMN TO KEEP TRACK OF YOUR POINTS

ADD YOUR SCORE

IF YOU ARE A FEMALE, HAVE YOU EVER GIVEN BIRTH TO A BABY MORE THAN 9 LBS?

YES | 1 POINT NO | 0 POINTS

HAVE YOU EVER BEEN DIAGNOSED WITH HIGH BLOOD PRESSURE?

YES | 1 POINT NO | 0 POINTS I DON'T KNOW | 0 POINTS

ARE YOU PHYSICALLY ACTIVE?

YES | 0 POINTS NO | 1 POINT

WHAT IS YOUR WEIGHT STATUS?

REFER TO BOTTOM OF CHART TO CHECK POINT STATUS FOR YOUR WEIGHT:

1 point column adjusted for Asian BMI

HEIGHT			
4'10"	104-142	143-190	191+
4'11"	109-147	148-197	198+
5'0"	113-152	153-203	204+
5'1"	117-157	158-210	211+
5'2"	121-163	164-217	218+
5'3"	126-168	169-224	225+
5'4"	130-173	174-231	232+
5'5"	135-179	180-239	240+
5'6"	140-185	186-246	247+
5'7"	144-190	191-254	255+
5'8"	149-196	197-261	262+
5'9"	154-202	203-269	270+
5'10"	159-208	209-277	278+
5'11"	164-214	215-285	286+
6'0"	169-220	221-293	294+
6'1"	174-226	227-301	302+
6'2"	179-232	233-310	311+
6'3"	185-239	240-318	319+
6'4"	190-245	246-327	328+
	1 POINT	2 POINTS	3 POINTS

TOTAL

IF YOUR WEIGHT IS LESS THAN THAT OF THE COLUMN ON THE LEFT, NO POINTS WILL BE ADDED TO YOUR SCORE.

IF YOU SCORED 5 OR HIGHER YOU ARE AT HIGH RISK FOR TYPE 2 DIABETES OR PREDIABETES (WHERE BLOOD GLUCOSE LEVELS ARE HIGHER THAN NORMAL). PLEASE COMPLETE THIS SCREENING AND RETURN IT VIA EMAIL/TEXT AND A COACH WILL REACH OUT TO YOU TO PROVIDE AN INCENTIVE. ONE SCREENING PER PERSON PER YEAR. IF YOU WOULD LIKE TO PARTICIPATE IN A PROGRAM THAT WILL HELP PREVENT OR DELAY THE ONSET OF TYPE 2 DIABETES, PLEASE CONTACT:

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