

Am I at risk for prediabetes?



Most people with prediabetes don't even know they have it. Prediabetes can do damage to your body for years without showing symptoms. That's why knowing if you're at risk is so important.

**You might be
at risk if you...**



WISCONSIN DEPARTMENT
of HEALTH SERVICES

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You might be at risk if you...

	Are male	Have high blood pressure
Are overweight	Are physically active less than three times per week	Have polycystic ovary syndrome
Are 45 or older		Belong to certain racial or ethnic groups, including African American, Latinx American, American Indian, Pacific Islander, and some Asian American communities
Have a parent, brother, or sister with type 2 diabetes	Have given birth to a +9-pound baby or had gestational diabetes	

Don't wait. Know for sure.

Talk to your health care provider or take the 1-minute prediabetes risk test

[PreventDiabetesWI.org](https://www.PreventDiabetesWI.org)