

**1 IN 3  
AMERICAN  
ADULTS HAS  
PREDIABETES.  
DO YOU?**

AGE &  
GENDER

RACE/  
ETHNICITY

FAMILY  
HISTORY

BMI

ACTIVITY  
LEVEL

PREDIABETES RISK FACTORS

**Visit [doihaveprediabetes.org](http://doihaveprediabetes.org) to take the risk test!**



301-475-4330 • [smchd.org](http://smchd.org)