

# NOVEMBER DIABETES AWARENESS MONTH

**What are the risk factors for prediabetes?  
You should be tested for prediabetes if you:**



- **Are overweight or obese**
- **Have a close relative (parent or sibling) who currently has or has had diabetes**
- **Have high blood pressure, low HDL ('good' cholesterol) or high triglycerides**
- **Are over the age of 40**
- **Have given birth to a baby who weighed over 9 pounds**



CBNHC DIABETES PROGRAM (505) 908-2307 EX 223

