

Tesin tekian eom kopwe angai Prediabetes

1. Fita ierum?

- Kis seni 40 ierum (0 points)
- 40-49 ierum (1 point)
- 50-59 ierum (2 points)
- 60 ierum ika lap seni (3 points)

Makeitiw kreitum lon ekkena bwor fan

2. En emon mwan ika fefin?

- Mwan (1 point) Fefin (0 points)

3. Ika pwe en emon fefin, kose mo tes me mwan pwe mi toruk gestational diabetes?

- Ngou (1 point) Apw (0 points)

4. Meta ese wor emon inomw, semom, mongeom, ika pwim mi tori diabetes?

- Ngou (1 point) Apw (0 points)

5. Kose mo tes pwe mi toruk high blood pressure?

- Ngou (1 point) Apw (0 points)

6. En mi pechakul me pwal mwakutukut fetal?

- Ngou (0 point) Apw (1 points)

7. Ifa tetelin chou ke nom lon?

- (Nengeni ena tetel lon paliefich)

Unusan skorun:

Height	Weight (lbs.)		
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
	Choum mi kis seni ewe 1 Point column (0 points)		

A etto seni ewe Bang et al., Ann Intern Med 151:775-783, 2009. Ewe popun algorithm a fateta nge esap mo seni an gestational diabetes emi pekin ewe aeoo.

Ika pwe skorun mi 5 ika tekia seni

En a lap ngawan eom epwele toruk ewe prediabetes me pwal lapela ngawan ren eom epwele toruk type 2 diabetes. Nge ew chok, epwe chok noum we dokter epwe tongeni silei ika pwe ka angai type 2 diabetes o ika prediabetes, ew sakkun lapelapen semau na lupwen awukukun suke lon chaamw ra tekia seni met epwe awukukun nge ese chok naf tekian ren an epwe awukuk pwe ii type 2 diabetes. **Kapas ngeni noum na dokter ren eom kopwe silei ika kopwe pwal angai pwal ekkoch tes kena.**

Ika pwe en emon African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, ika Pacific Islander, iwe en a fakkun tekia ngawan eom kopwe angai prediabetes me type 2 diabetes. Pwal ew, ika pwe en emon Asian American, en a lap ngawan eom kopwe angai type 2 diabetes lon chou mi kisikis (ina epwe 15 paun kis seni ewe chou lon ewe 1 Point column). Kapas ngeni noum we dokter ika kopwe tesini awukukun suke lon chaamw.

En mi tongeni akisala ngawan eom kopwe angai type 2 diabetes

Kutta ifa usun eom kopwe tongeni aliwini ewe prediabetes me pwal pinei ika achowala type 2 diabetes seni ew an **CDC-we alilis ren siwilin eom nonom na prokram lon** <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Tes ren ia ngawom mi akawor seni ekkewe American Diabetes Association me ewe Centers for Disease Control and Prevention.

