

Teej in Lale Ñe Kopād ilo Kawōtata in Lap Joñan Tōñal ilo Ānbwinim (Prediabetes Risk Test)

1. Jete aṃ iio?

- Diklọk jen 40 iio (0 point)
- 40–49 iio (1 point)
- 50–59 iio (2 point)
- 60 iio ak rüttoṃlọk (3 point)

Je nōmba ak point eo aṃ ilowaan boṃk kein ijin ilal

2. Kwe emmaan ke kōrā?

- Emmaan (1 point) Kōrā (0 point)

3. Ñe kwe juōn kōrā, kwonañin ke kar bōk nañinmej in tōñal an ribōrooro ke kwaar bōrooro?

- Aet (1 point) Jaab (0 point)

4. Ewōr ke iaan jinōm, jemam, jeiūm ak jatūm ledik, ak jeiūm ak jatūm ladik ewōr an nañinmej in tōñal?

- Aet (1 point) Jaab (0 point)

5. Taktō enañin ke ba bwe ewōr aṃ nañinmej in high blood?

- Aet (1 point) Jaab (0 point)

6. Kwe ke kain en emmourur im lap an emmakūtūt?

- Aet (0 point) Jaab (1 point)

7. Joñan eddo ak bounim epād ilo laajrak ta iaan laajrak kein ijin?

(Lale jaat eo ijin tuanbwiymarōñ)

Total in nōmba ko ak point ko:

Joñan Aetok	Joñan Eddo (lbs.)		
4 ne 10 inij (4'10")	119-142	143-190	191 im laplọk (191+)
4 ne 11 inij (4'11")	124-147	148-197	198 im laplọk (198+)
5 ne (5'0")	128-152	153-203	204 im laplọk (204+)
5 ne 1 inij (5'1")	132-157	158-210	211 im laplọk (211+)
5 ne 2 inij (5'2")	136-163	164-217	218 im laplọk (218+)
5 ne 3 inij (5'3")	141-168	169-224	225 im laplọk (225+)
5 ne 4 inij (5'4")	145-173	174-231	232 im laplọk (232+)
5 ne 5 inij (5'5")	150-179	180-239	240 im laplọk (240+)
5 ne 6 inij (5'6")	155-185	186-246	247 im laplọk (247+)
5 ne 7 inij (5'7")	159-190	191-254	255 im laplọk (255+)
5 ne 8 inij (5'8")	164-196	197-261	262 im laplọk (262+)
5 ne 9 inij (5'9")	169-202	203-269	270 im laplọk (270+)
5 ne 10 inij (5'10")	174-208	209-277	278 im laplọk (278+)
5 ne 11 inij (5'11")	179-214	215-285	286 im laplọk (286+)
6 ne (6'0")	184-220	221-293	294 im laplọk (294+)
6 ne 1 inij (6'1")	189-226	227-301	302 im laplọk (302+)
6 ne 2 inij (6'2")	194-232	233-310	311 im laplọk (311+)
6 ne 3 inij (6'3")	200-239	240-318	319 im laplọk (319+)
6 ne 4 inij (6'4")	205-245	246-327	328 im laplọk (328+)
	1 Point	2 Point	3 Point
	Edik bounim jen boun kane iuṃin 1 Point (0 point)		

Bōk im Karōk tok jen Bang et al., Ann Intern Med 151:775-783, 2009. Kōmmejele ko ak ruul ko kar loori jinointata kōn kilen bōnbōn (original algorithm) kar kamooli bwe rejimwe im jejjōt ilo an kar jab koba nañinmej in tōñal an ribōrooro ilo iien rej bōrooro (gestational diabetes) bwe en mōttan model eo kar loore.

Ñe koba in bōnbōn ak score eo aṃ ej 5 ak laplọk

Kopād ilo joñan en elap an kauwōtata ñan an lap joñan tōñal ilo ānbwinim (prediabetes) im kopād ilo kauwōtata ñan bōk nañinmej in type 2 tōñal. Ijoke, taktō eo wōt aṃ emaroñ kwaṃlọk ñe ṃool ke ewōr aṃ nañinmej in type 2 tōñal ak bwe elap joñan tōñal ilo ānbwinim (prediabetes), juōn nañinmej im joñan tōñal ko ilo bōtōktōk elap aer lap jen joñan eo emṃan bōtap ejjap lap ñan joñan en me taktō enaaj lo ke ej nañinmej in type 2 tōñal. **Kōnnaan ippān taktō eo aṃ in lale ñe ebar wōr teej kwōj aikuṃ kōṃṃane.**

Ejaññe kwe Ri-Kilmeej ak African American, Ri-Spanish ak Hispanic/Latino American, Ri-Indian in Amedka/Armej ro Kar Jinoin ilo Alaska, Ri-Asia in Amedka, ak Armej in Pacific, kwōj juōn eo epād ilo kauwōtata ñan an lap joñan tōñal ilo ānbwinim im nañinmej in type 2 tōñal. Bareinwōt, ñe kwe Ri-Asia in Amedka, kwe juōn eo epād ilo kauwōtata in bōk nañinmej in type 2 tōñal ñe emera bounim (emaroñ 15 boun diklọk jen joñan boun ko ilo laajrak eo iuṃwin 1 Point). Kōnnaan ippān taktō eo aṃ in lale ñe kwaikuj teej in lale joñan tōñal ilo ānbwinim.

Komaroñ kadiklọk joñan aṃ kauwōtata in bōk nañinmej in type 2 tōñal

Lale ewi wāween komaroñ ukōte jen an lap joñan tōñal ilo ānbwinim (prediabetes) im bōprae ak karuṃwijiṃlọk nañinmej in type 2 tōñal ikijeen juōn **būrokraam CDC-ey kile kōn ukōt wāween ad mour ilo** <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

American Diabetes Association im CDC ak Centers for Disease Control im Prevention rej kōṃṃan Teej in Lale ñe Jepād ilo Kauwōtata.

