



# Diabetes in Hawaii

**Did you know that one in two people in Hawaii has diabetes or prediabetes?**

You're at higher risk of developing it if a parent or sibling has diabetes, if you have high blood pressure, or if you're overweight.

The good news? Diabetes can be reversed with healthy habits and lifestyle changes. On the next page, learn three easy steps you can take to prevent or reverse diabetes.



# Are you at risk for diabetes?



**1. Take the diabetes risk test.**  
To see if you're at risk, take the test on the following page or at [cdc.gov/diabetes/takethetest](https://www.cdc.gov/diabetes/takethetest).



**2. Talk to your doctor about your results.**  
Schedule a visit with your primary care provider (PCP) to discuss your results. You can also get an annual preventive care visit at no added cost when you see a PCP in HMSA's network.



**3. Learn more about HMSA resources to help you prevent diabetes.**

### **Diabetes Prevention Program**

This program includes lessons, handouts, and resources from the Centers for Disease Control and Prevention to help you live a healthier lifestyle. To learn more, call (808) 948-6079 or 1 (800) 776-4672, Monday through Friday, 8 a.m. to 5 p.m.

### **Health Coaching**

The program helps members set nutrition, exercise, and stress and weight management goals to help prevent type 2 diabetes. Call 1 (855) 329-5461 Monday through Friday, 8 a.m.-5 p.m. Or visit [hmsa.com/well-being/healthcoaching](https://www.hmsa.com/well-being/healthcoaching) to learn more.

# Prediabetes Risk Test

## 1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

## 2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

## 3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

## 4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

## 5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

## 6. Are you physically active?

- Yes (0 points)
- No (1 point)

## 7. What is your weight category?

(See chart at right)

**Total score:**

| 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+            |
|        | <b>1 Point</b>                                    | <b>2 Points</b> | <b>3 Points</b> |
|        | You weigh less than the 1 Point column (0 points) |                 |                 |

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

## If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

## You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



# We're here with you

[hmsa.com/eutf](https://hmsa.com/eutf)

**Call** (808) 948-6499 or 1 (800) 776-4672 Monday through Friday, 7 a.m.-7 p.m. and Saturday 9 a.m.-1 p.m.

**Or meet** with knowledgeable, experienced health plan advisers. We'll answer questions about your health plan, give you general health and well-being information, and more. Due to COVID-19, hours of operation may change. Please go to [hmsa.com/contact](https://hmsa.com/contact) before your visit.

## **HMSA Center @ Honolulu**

818 Keeaumoku St.

Monday through Friday, 8 a.m.-5 p.m. | Saturday, 9 a.m.-2 p.m.

## **HMSA Center @ Pearl City**

Pearl City Gateway | 1132 Kuala St., Suite 400

Monday through Friday, 9 a.m.-6 p.m. | Saturday, 9 a.m.-2 p.m.

## **HMSA Center @ Hilo**

Waiakea Center | 303A E. Makaala St.

Monday through Friday, 9 a.m.-6 p.m. | Saturday, 9 a.m.-2 p.m.

## **HMSA Center @ Kahului**

Puunene Shopping Center | 70 Hookele St., Suite 1220

Monday through Friday, 9 a.m.-6 p.m. | Saturday, 9 a.m.-2 p.m.

Customer Relations representatives are also available in person at our Kauai office, Monday through Friday, 8 a.m.-4 p.m.:

## **Lihue**

4366 Kukui Grove St., Suite 103 | Phone: (808) 245-3393



Together, we improve the lives of our members and the health of Hawaii.  
Caring for our families, friends, and neighbors is our privilege.

