

Published on *SeniorNavigator* (<https://seniornavigator.org>)

## [Diabetes Prevention and Tools to Know Your Risk](#)

### **The first step? Understanding your risk.**

By starting with these tools, you can figure out which next steps are best for you. Whether it's losing a few pounds, adding some physical activity to your day or making healthier food choices, we can help you reach your goals.

Schedule an appointment with your doctor to discuss these tools and find the best next steps to lower your risk. You don't have to do it alone—they're here for you. And so are we.

### **One minute for your risk**

Millions of American adults have prediabetes, but here's the kicker: the majority of them don't even know it. The test you need is right here—it just takes 60 seconds of your time.

► [Take the Diabetes Risk Test](#)

### **The power of A1C**

You may already know about the A1C test, but you may not know all it can do. Talk to your doctor to determine if this important test is right for you.

► [Learn more about A1C](#)

### **Discover your BMI**

Not sure if you need to or how much weight you need to lose? This tool is for you—after all, knowing your BMI is a great first step on your lifestyle change journey.

► [Try the BMI Calculator](#)

## For More Information

- [Prediabetes](#)
- [Prevention](#)
- [Type 2](#)
- [Nutrition](#)
- [American Diabetes Association](#)

Article Source

American Diabetes Association

Source URL

<https://www.diabetes.org>

Last Reviewed

Monday, December 11, 2023