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## Could YOU Have Prediabetes?

	Very Little	Some	A Lot	Quite a Lot
<b>Increased my knowledge</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Importance of the topic to me</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the course of this meeting, we talked about a variety of strategies you can use for making lifestyle changes. Which of the following do you expect to do?

**Please check the one answer for each.**

<b>Lifestyle Changes</b>	<i>Currently Doing This</i>	<i>Expect to Make This Change</i>	<i>Don't Intend to Do This</i>
Participate in at least 30 minutes per day of physical activity.			
Lose 5 to 7 percent of current body weight.			
Adopt one of the healthy habits on the "Healthy Habits to Prevent Diabetes" handout.			