

ARE YOU AT RISK FOR PREDIABETES?

PREDIABETES RISK TEST

How old are you?

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

Are you a man or woman?

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

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

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

Do you have a parent or sibling with diabetes?

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

Have you ever been diagnosed with high blood pressure?

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

Are you physically active?

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

What is your weight category?

(reference chart)

SCORES



TOTAL SCORE:



HEIGHT	WEIGHT (LBS)		
	(1 point)	(2 points)	(3 points)
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)
If you weigh less than the left column, give yourself 0 points.			

Risk test provided by: American Diabetes Association & CDC

Score 5 or higher

You are at an 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 prediabetes, a condition in which blood glucose levels are higher than normal but not yet at the level of type 2 diabetes. **Have a discussion with your doctor if additional testing is needed.**

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