## Prediabetes Risk Test



1. How old are you?	Write your score in the boxes below	Height	Weight (lbs.)			
Younger than 40 years (0 points) 40–49 years (1 point) 50–59 years (2 points) 60 years or older (3 points)	the boxes below	4'10"	119-142	143-190	191+	
		4'11"	124-147	148-197	198+	
		5'0"	128-152	153-203	204+	
2 Auguston a man an a man 2		5'1"	132-157	158-210	211+	
2. Are you a man or a woman?		5'2"	136-163	164-217	218+	
Man (1 point) Woman (0 points)		5'3"	141-168	169-224	225+	
3. If you are a woman, have you ever been		5'4"	145-173	174-231	232+	
diagnosed with gestational diabetes?		5'5"	150-179	180-239	240+	
Yes (1 point) No (0 points)		5'6"	155-185	186-246	247+	
		5'7"	159-190	191-254	255+	
4. Do you have a mother, father, sister, or brother with diabetes?		5'8"	164-196	197-261	262+	
Yes (1 point) No (0 points)		5'9"	169-202	203-269	270+	
		5'10"	174-208	209-277	278+	
5. Have you ever been diagnosed		5'11"	179-214	215-285	286+	
with high blood pressure?		6'0"	184-220	221-293	294+	
Yes (1 point) No (0 points)		6'1"	189-226	227-301	302+	
6. Are you physically active?		6'2"	194-232	233-310	311+	
Yes (0 points) No (1 point)		6'3"	200-239	240-318	319+	
		6'4"	205-245	246-327	328+	
7. What is your weight category?			1 Point	2 Points	3 Points	
(See chart at right)			You weigh less than the 1 Point column (0 points)			
Total sco	ore:		ang et al., Ann Intern N ithout gestational diab			

## If you scored 5 or higher

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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.** 

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

## You can reduce your risk for type 2 diabetes

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

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



