# **ARE YOU AT RISK FOR**

# TYPE 2 DIABETES? American Diabetes Association.



Weight (lbs.)

143-190

148-197

153-203

158-210

164-217

169-224

174-231

180-239

186-246

191-254

197-261

203-269

209-277

215-285

221-293

227-301

in the left column (0 points)

191+

198+

204+

211+

218+

225+

232+

240+

247+

255+

262+

270 +

278 +

286+

294+

302+

119-142

124-147

128-152

132-157

136-163

141-168

145-173

150-179

155-185

159-190

164-196

169-202

174-208

179-214

184-220

189-226

# **Diabetes Risk Test**

A	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)

### 2 Are you a man or a 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 mother, father, sister, or brother with diabetes?

> No (0 points) Yes (1 point)

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 status? (see chart at right)

#### Write your score in the box.

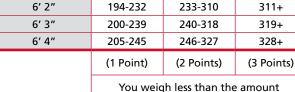












Add up your score.

Height

4' 10"

4' 11"

5' 0"

5' 1"

5' 2"

5'3"

5' 4"

5' 5"

5' 6"

5' 7"

5' 8"

5'9"

5' 10"

5' 11"

6' 0"

6' 1"

## If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

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

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at www.diabetes.org or call 1-800-DIABETES (1-800-342-2383)

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.

Original algorithm was validated without gestational diabetes as part of the model.

# Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit diabetes.org or call 1-800-DIABETES (1-800-342-2383) for information, tips on getting started, and ideas for simple, small steps you can take to help



