

Patient risk assessment

DO YOU HAVE PREDIABETES?

Prediabetes Risk Test

1 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)

Write your score
in the box.



2 Are you a man or a woman?

Man (1 point) Woman (0 points)

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

Yes (1 point) No (0 points)

4 Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

5 Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6 Are you physically active?

Yes (0 points) No (1 point)

7 What is your weight status? (see chart at right)

| Height | Weight (lbs.) | | |
|--------|---------------|------------|------------|
| 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) |

You weigh less than the amount
in the left column
(0 points)

If you scored 5 or higher:

You're likely to have prediabetes and are at high risk for 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, Hispanic/Latinos, American Indians, 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).

Add up
your score.



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

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit DoIHavePrediabetes.org for more information on how to make small lifestyle changes to help lower your risk.

For more information, visit us at:



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