**Prediabetes Risk Test**

**1. How old are you?**

Younger 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 boxes below**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **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"**  **5'3"** | 136-163 | 164-217 | 218+ |
| 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"**  **5'8"** | 159-190 | 191-254 | 255+ |
| 164-196 | 197-261 | 262+ |
| **5'9"** | 169-202 | 203-269 | 270+ |
| **5'10"** | 174-208 | 209-277 | 278+ |
| **5'11"**  **6'0"** | 179-214 | 215-285 | 286+ |
| 184-220 | 221-293 | 294+ |
| **6'1"** | 189-226 | 227-301 | 302+ |
| **6'2"** | 194-232 | 233-310 | 311+ |
| **6'3"**  **6'4"** | 200-239 | 240-318 | 319+ |
| 205-245 | 246-327 | 328+ |
|  | **1 Point** | **2 Points** | **3 Points** |
|  | *You weigh less than the 1 Point column (0 points)* | | |
|  |  |

**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 category?**

(See chart at right)

# Total 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.

# If you scored 5 or higher

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



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

Find out how you can reverse prediabetes and prevent or delay



type 2 diabetes through a **CDC-recognized lifestyle change program**

CS300699-A

at [https://www.cdc.gov/diabetes/prevention/lifestyle-program.](https://www.cdc.gov/diabetes/prevention/lifestyle-program)