

DO YOU HAVE PREDIABETES?

Risk Assessment Test



Write your score
in the box.



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

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 to the right)

Height	Weight		
	(1 Point)	(2 Points)	(3 Points)
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-204	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 (this is done by a blood sugar test). Talk to your doctor about getting tested.

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

Add up
your score:



For more information contact: CBNHC Diabetes Program (505) 908-2307 ex 223