Prediabetes Risk Test



1. How old are you?	Write your score in the boxes below	Height Weight (lbs.)				
Younger than 40 years (0 points)	the boxes below	4'10"	119-142	143-190	191+	
40–49 years (1 point)		4'11"	124-147	148-197	198+	
50–59 years (2 points) 60 years or older (3 points)		5'0"	128-152	153-203	204+	
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 diagnosed with gestational diabetes?		5'4"	145-173	174-231	232+	
		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)			
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.**

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

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

You can reduce your risk for type 2 diabetes

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

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



