

ARE YOU AT RISK?

DIABETES RISK TEST

Calculate Your Chances for Type 2 or Pre-Diabetes

The American Diabetes Association has revised its Diabetes Risk Test according to a new, more accurate statistical model. The updated test includes some new risk factors, and projects risk for pre-diabetes as well as diabetes.

This simple tool can help you determine your risk for having pre-diabetes or diabetes. Using the flow chart, answer the questions until you reach a colored shape. Match that with a risk message shown below.

START HERE

QUESTION:
ARE YOU UNDER 45 YEARS OF AGE?

NO

Q: At your height (see **AT-RISK WEIGHT CHART**), is your weight equal to or more than the at-risk weight?

YES

NO

Q: Are you under 57 years of age?

NO

YES

Q: Does your mother, father, sister or brother have diabetes?

NO

YES

Q: Are you Caucasian (white)?

NO

YES

Q: Have you ever been told by a doctor or other health professional that you had hypertension (high blood pressure)?

NO

YES

YES

Q: At your height (see **AT-RISK WEIGHT CHART**), is your weight equal to or more than the at-risk weight?

NO

YES

Q: Have you ever developed diabetes during pregnancy?

NO

YES

AT-RISK WEIGHT CHART

HEIGHT	WEIGHT
4'10"	148 LBS
4'11"	153 LBS
5'0"	158 LBS
5'1"	164 LBS
5'2"	169 LBS
5'3"	175 LBS
5'4"	180 LBS
5'5"	186 LBS
5'6"	192 LBS
5'7"	198 LBS
5'8"	203 LBS
5'9"	209 LBS
5'10"	216 LBS
5'11"	222 LBS
6'0"	228 LBS
6'1"	235 LBS
6'2"	241 LBS
6'3"	248 LBS
6'4"	254 LBS
6'5"	261 LBS

LOW RISK: Right now your risk for having pre-diabetes or diabetes is low. But your risk goes up as you get older. Talk to your doctor about how to keep your risk low.

AT RISK FOR PRE-DIABETES: You are at higher risk for pre-diabetes which means your blood glucose is higher than normal but not high enough to be diagnosed as diabetes. Talk to your doctor about ways to reduce your risk for diabetes.

HIGH RISK: You are at higher risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes. Talk to your doctor to see if additional testing is needed.

*Your risk for diabetes or pre-diabetes depends on additional risk factors including weight, physical activity and blood pressure.

