

# ARE YOU AT RISK FOR TYPE 2 DIABETES?

## Know your risk

An estimated 115.2 million adults aged 18 years and older have prediabetes\*. People with prediabetes have blood glucose, or sugar levels, higher than normal. Without acting, many people with prediabetes could develop type 2 diabetes within 5 years.\*\*

## National Diabetes Prevention Program

### If your score is 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.**

At-Risk Weight Chart			
Height	Weight (lbs.)		
4' 10"	119 to 142	143 to 190	191+
4' 11"	124 to 147	148 to 197	198+
5' 0"	128 to 152	153 to 203	204+
5' 1"	132 to 157	158 to 210	211+
5' 2"	136 to 163	164 to 217	218+
5' 3"	141 to 168	169 to 224	225+
5' 4"	145 to 173	174 to 231	232+
5' 5"	150 to 179	180 to 239	240+
5' 6"	155 to 185	186 to 246	247+
5' 7"	159 to 190	191 to 254	255+
5' 8"	164 to 196	197 to 261	262+
5' 9"	169 to 202	203 to 269	270+
5' 10"	174 to 208	209 to 277	278+
5' 11"	179 to 214	215 to 285	286+
6' 0"	184 to 220	221 to 293	294+
6' 1"	189 to 226	227 to 301	302+
6' 2"	194 to 232	233 to 310	311+
6' 3"	200 to 239	240 to 318	319+
6' 4"	205 to 245	246 to 327	328+
	<b>1 point</b>	<b>2 points</b>	<b>3 points</b>
	<b>If you weigh less than the 1 point column (0 points)</b>		

\* <https://bit.ly/3NrYRTx>

\*\* <https://bit.ly/4lwYC6c>

## Diabetes Risk Test

Write your score in this box.

- How old are you?  
Younger than 40 years (0 points)  
40 to 49 years (1 point)  
50 to 59 years (2 points)  
60 years or older (3 points)
- Do you have a mother, father, sister or brother with diabetes?  
Yes (1 point) No (0 points)
- Are you a man or a woman?  
Man (1 point) Woman (0 points)
- What is your weight category?  
(See chart at left)
- Are you physically active?  
Yes (0 points) No (1 point)
- If you are a woman, have you ever been diagnosed with gestational diabetes?  
Yes (1 point) No (0 points)
- Have you ever been diagnosed with high blood pressure?  
Yes (1 point) No (0 points)








Add up your score.