

# ARE YOU AT RISK FOR TYPE 2 DIABETES?

## Know your risk

More than 79 million Americans have pre-diabetes, but many do not know it. People with pre-diabetes have blood glucose, or sugar, levels higher than normal. While levels are not yet high enough to be diagnosed with type 2 diabetes, people with pre-diabetes are likely to develop the disease within 10 years without intervention.

## National Diabetes Prevention Program If your score is 3 to 8 points

This means your risk is probably low for having pre-diabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes.

## If your score is 9 or more points:

This means your risk is high for having pre-diabetes now. Please make an appointment with your health care provider soon.

**At-Risk Weight Chart**

Height	Weight (lbs.)	Height	Weight (lbs.)
4' 10"	129	5' 7"	172
4' 11"	133	5' 8"	177
5' 0"	138	5' 9"	182
5' 1"	143	5' 10"	188
5' 2"	147	5' 11"	193
5' 3"	152	6' 0"	199
5' 4"	157	6' 1"	204
5' 5"	162	6' 2"	210
5' 6"	167	6' 3"	216
		6' 4"	221

## Diabetes Risk Test

- Are you a woman who has had a baby weighing more than 9 pounds at birth?  
Yes (1 point) No (0 points)
- Do you have a sister or brother with diabetes?  
Yes (1 point) No (0 points)
- Do you have a parent with diabetes?  
Yes (1 point) No (0 points)
- Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?  
Yes (5 points) No (0 points)
- Are you younger than 65 years of age and get little or no exercise in a typical day?  
Yes (5 points) No (0 points)
- Are you between 45 and 64 years of age?  
Yes (5 points) No (0 points)
- Are you 65 years of age or older?  
Yes (9 points) No (0 points)

Write your score  
in this box.








Add up  
your score.