**DO YOU HAVE PREDIABETES?**

Prediabetes Risk Test

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 at right)
   - You weigh less than the amount in the left column (0 points)
   - (1 Point)
   - (2 Points)
   - (3 Points)

Write your score in the box.

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

Add up your score.

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 (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

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

Lower Your Risk

Here’s the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit DoIHavePrediabetes.org for more information on how to make small lifestyle changes to help lower your risk.

For more information, visit us at [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)