

# Prediabetes Risk Test

# NATIONAL DIABETES PREVENTION PROGRAM

## 1. How old are you?

Younger than 40 years (0 points)  
40-49 years (1 point)  
50-59 years (2 points)  
60 years or older (3 points)

Write your scores  
in the boxes below

## 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 category?

(See chart at right)



Height	Weight (lbs)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-337	328+
	<b>1 point</b>	<b>2 points</b>	<b>3 points</b>

If you weigh less than the 1 point column (0 points)

Total score:

### 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 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

Low-ink version provided by the  
Pacific Islander Diabetes Prevention Program at the  
Association of Asian Pacific Community Health Organizations

