ARE YOU AT RISK FOR

TYPE 2 DIABETES? A American Diabetes Association.



Diabetes Risk Test

ิด	How	old	are	you?
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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)

If you are a woman, have you ever been diagnosed with gestational diabetes?

> Yes (1 point) No (0 points)

Do you have a mother, father, sister, or brother with diabetes?

> Yes (1 point) No (0 points)

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)

What is your weight status? (see chart at right)

Write your score

in the box.



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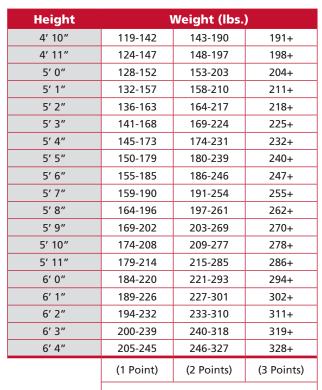






Add up

your score.



You weigh less than the amount in the left column (0 points)

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher:

You are at increased risk for having 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.



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

For more information, visit us at www.diabetes.org or call 1-800-DIABETES

Visit us on Facebook Facebook.com/AmericanDiabetesAssociation



The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer,

If you are at high risk, your first step is to see your doctor to see if additional testing is

Visit diabetes.org or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to

