

Are You at Risk for Type 2 Diabetes?

Diabetes Risk Test

One in four Americans with diabetes is undiagnosed. Could you be one of the 8 million Americans who has diabetes and doesn't know it? Take the test and learn more about your risk for getting type 2 diabetes.

- 1 How old are you?**
 a. Less than 40 years (0 points)
 b. 40–49 years (1 point)
 c. 50–59 years (2 points)
 d. 60 years or older (3 points)

Write your score
in the box.



- 2 Are you a man or a woman?**
 a. Man (1 point)
 b. Woman (0 points)

- 3 Are you a woman who has ever been diagnosed with gestational diabetes or given birth to a baby weighing 9 pounds or more?**
 a. Yes (1 point)
 b. No (0 points)

- 4 Do you have a mother, father, sister, or brother with diabetes?**
 a. Yes (1 point)
 b. No (0 points)

- 5 Have you ever been diagnosed with high blood pressure?**
 a. Yes (1 point)
 b. No (0 points)

- 6 Are you physically active?**
 a. Yes (0 points)
 b. No (1 point)

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

| Height | Weight | | | | | |
|---|---------|------------|------------------|-------------|-------------------|--------|
| | lbs. | kilos | lbs. | kilos | lbs. | kilos |
| 4'10" | 119–142 | 54.0–64.4 | 143–190 | 64.9–86.2 | 191+ | 86.6+ |
| 4'11" | 124–147 | 56.2–66.7 | 148–197 | 67.1–89.3 | 198+ | 89.8+ |
| 5'0" | 128–152 | 58.1–68.9 | 153–203 | 69.4–92.1 | 204+ | 92.5+ |
| 5'1" | 132–157 | 59.9–71.2 | 158–210 | 71.7–95.3 | 211+ | 95.7+ |
| 5'2" | 136–163 | 61.7–73.9 | 164–217 | 74.4–98.4 | 218+ | 98.9+ |
| 5'3" | 141–168 | 64.0–76.2 | 169–224 | 76.7–101.6 | 225+ | 102.1+ |
| 5'4" | 145–173 | 65.8–78.5 | 174–231 | 78.9–104.8 | 232+ | 105.2+ |
| 5'5" | 150–179 | 68.0–81.2 | 180–239 | 81.6–108.4 | 240+ | 108.9+ |
| 5'6" | 155–185 | 70.3–83.9 | 186–246 | 84.4–111.6 | 247+ | 112.0+ |
| 5'7" | 159–190 | 72.1–86.2 | 191–254 | 86.6–115.2 | 255+ | 115.7+ |
| 5'8" | 164–196 | 74.4–88.9 | 197–261 | 89.4–118.4 | 262+ | 118.8+ |
| 5'9" | 169–202 | 76.7–91.6 | 203–269 | 92.1–122.0 | 270+ | 122.5+ |
| 5'10" | 174–208 | 78.9–94.3 | 209–277 | 94.8–125.6 | 278+ | 126.1+ |
| 5'11" | 179–214 | 81.2–97.1 | 215–285 | 97.5–129.3 | 286+ | 129.7+ |
| 6'0" | 184–220 | 83.5–99.8 | 221–293 | 100.2–132.9 | 294+ | 133.4+ |
| 6'1" | 189–226 | 85.7–102.5 | 227–301 | 103.0–136.5 | 302+ | 137.0+ |
| 6'2" | 194–232 | 88.0–105.2 | 233–310 | 105.7–140.6 | 311+ | 141.1+ |
| 6'3" | 200–239 | 90.7–108.4 | 240–318 | 108.9–144.2 | 319+ | 144.7+ |
| 6'4" | 205–245 | 93.0–111.1 | 246–327 | 111.6–148.3 | 328+ | 148.8+ |
| | | | (1 Point) | | (2 Points) | |
| You weigh less than the amount in the left column (0 points) | | | | | | |

◆◆◆ Add up Your Score

The higher your score, the higher your risk.

◆◆◆ **If you scored 5 or more:** You are at increased risk for having type 2 diabetes. Talk to your health care provider about simple blood tests to check for diabetes or prediabetes. Early diagnosis and treatment can prevent or delay heart attack, stroke, blindness, kidney disease, and other health problems.

◆◆◆ **If you scored below 5:** Even if your score was below 5, you may be at increased risk for having prediabetes—blood sugar levels that are higher than normal but not high enough to be called diabetes. The good news for people with prediabetes is that you can lower your risk for type 2 diabetes. Talk to your health care team about getting tested, particularly if you are over 45, overweight, or have a family member with diabetes. Find out about the small steps you can take to prevent or delay type 2 diabetes and live a long and healthy life.

Type 2 diabetes is more common in African Americans and people with African ancestry, Hispanics and Latinos, American Indians, Alaska Natives, Asian Americans, Native Hawaiians, and Pacific Islanders. The National Diabetes Education Program (NDEP) has special information for these groups.

The National Institute of Diabetes and Digestive and Kidney Diseases

1-800-860-8747 • TTY: 1-866-569-1162



Adapted from the American Diabetes Association's Diabetes Risk Test.

www.niddk.nih.gov