

Prediabetes Risk Assessment

*Take the first step.
Find out if you are at risk for prediabetes.*

TAKE THE TEST – KNOW YOUR SCORE!

Answer these seven questions. For each “YES” answer, add the number of points listed.

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

Total Points for all “YES” Responses:

If you scored a 9 or higher, then you may be at risk for prediabetes or diabetes.

AT RISK WEIGHT CHART

(In Pounds)

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

