


# National Diabetes Education Program

## Pre-diabetes Risk Test




### Information

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

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### Question 1 of 7:

Are you a woman who has had a baby weighing more than 9 pounds at birth?

Yes  No

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### Question 2 of 7:

Do you have a sister or brother with diabetes?

Yes  No

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### Question 3 of 7:

Do you have a parent with diabetes?

Yes  No

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### Question 4 of 7:

Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?

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

Yes  No

INFO SHARE




### Question 5 of 7:

Are you younger than 65 years of age and get little or no exercise in a typical day?

Yes  No

INFO SHARE



### Question 6 of 7:

Are you between 45 and 64 years of age?

Yes  No

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### Question 7 of 7:

Are you 65 years of age or older?

Yes  No

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## Pre-diabetes Risk Test Score Sheets

Know your risk of having diabetes now. Answer these quick questions. For each Yes answer, add the number of points listed. All No answers are 0 points.

Question	Yes	No
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a sister or brother with diabetes?	1	0
Do you have a parent with diabetes?	1	0
Find your height on the chart. Do you weigh as much as or more than the weight listed for your height? (See chart below)	5	0
Are you under 65 years old and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years old?	5	0
Are you 65 years old or older?	9	0
<b>Add Your Score</b>		

*These questions are from the American Diabetes Association's "Diabetes Risk Test."*

### Know Your Score

If you scored ...	then your risk is ...
10 or more points	High for having diabetes now. <b>Please bring this form to your health care provider soon.</b> If you don't have insurance and can't afford a visit to your provider, contact your local health department.
3 to 9 points	Probably low for having diabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for diabetes.

### I Scored 10 or More How Can I Get Tested for Diabetes?

If you have ...	then do this ...
Individual or group private health insurance	See your health care provider. If you don't have a provider, ask your insurance company about providers who take your insurance. Deductibles and co-pays will apply.
Medicaid	See your health care provider. If you don't have a provider, contact a state Medicaid office or contact your local health department.
Medicare	See your health care provider. Medicare will pay the cost if the provider has a reason for testing. If you don't have a provider, contact your local health department.
No insurance	Contact your local health department for more information about where you could be tested or call your local health clinic.