

ARE YOU AT RISK FOR

TYPE 2 DIABETES?



Diabetes Risk Test

BMI Categories for Asians*

1 How old are you?

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

Write your score in the box.



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 status? (see chart at right)

Height	Weight (lbs.)		
4' 7"	99-116	117-159	160+
4' 8"	103-120	121-165	166+
4' 9"	106-125	126-171	172+
4' 10"	110-129	130-177	178+
4' 11"	114-134	135-183	184+
5' 0"	118-138	139-189	190+
5' 1"	122-143	144-196	197+
5' 2"	126-148	149-202	203+
5' 3"	130-152	153-209	210+
5' 4"	134-157	158-216	217+
5' 5"	138-162	163-222	223+
5' 6"	142-167	168-229	230+
5' 7"	146-172	173-236	237+
5' 8"	151-178	179-243	244+
5' 9"	155-183	184-251	252+
5' 10"	160-188	189-258	259+
5' 11"	165-194	195-265	266+
6' 0"	169-199	200-273	274+
6' 1"	174-205	206-280	281+
6' 2"	179-210	211-288	289+
6' 3"	184-216	217-296	297+
6' 4"	189-222	223-304	305+
	(1 Point)	(2 Points)	(3 Points)
	You weigh less than the amount in the left column (0 Points)		

Add up your score.



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



For more information:
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Lower Your Risk

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, healthier life.

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

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

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model. The NYU PRC was established in 2009 by grant 1U48DP001904-01 from the Centers for Disease Control and Prevention.
*Based on the World Health Organization's Asian BMI categories.