ARE YOU AT RISK FOR PREDIABETES?

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)

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 point)
   - No (1 point)

7. WHAT IS YOUR WEIGHT CATEGORY?
   - See height & weight chart

TOTAL SCORE:

IF YOUR SCORE IS 5 OR HIGHER
You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders. Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

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Adapted from the 2019 CDC Prediabetes Screening Test