

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 points)

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

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	84-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+

TOTAL SCORE:

1 Point 2 Points 3 Points

If you weigh less than the 1 Point column (0 points)

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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