

# Patient risk assessment

## ARE YOU AT RISK FOR TYPE 2 DIABETES?



### Diabetes Risk Test

- 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 points) No (1 point)
- 7 What is your weight status?**  
*(see chart at right)*

Write your score in the box.




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"	184-220	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+

(1 Point) (2 Points) (3 Points)

You weigh less than the amount in the left column (0 points)

**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.

Add up your score.



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](http://www.diabetes.org) or call 1-800-DIABETES

 Visit us on Facebook  
[Facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.  
 Original algorithm was validated without gestational diabetes as part of the model.

### 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](http://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.

