

ARE YOU AT RISK FOR DIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but it's not too late to lower your risk. Type 2 diabetes can be delayed or prevented by making lifestyle changes such as exercising, eating a healthy diet, and controlling your weight. Type 2 diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Take this test to find out if you could be at risk.

STEP 1: TAKE THE TEST TO KNOW YOUR SCORE

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

Yes (1 point) No (0 points)

2. Do you have a parent with diabetes?

Yes (1 point) No (0 points)

3. Do you have a sibling with diabetes?

Yes (1 point) No (0 points)

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

Yes (5 points) No (0 points)

*Asian Americans may be at higher risk for developing prediabetes or type 2 diabetes at a lower body weight. If you are Asian American, subtract 15 pounds from the weight shown on the chart for your height to find your at-risk weight.

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

Yes (5 points) No (0 points)

6. Are you between 45 and 64 years of age?

Yes (5 points) No (0 points)

7. Are you 65 years of age or older?

Yes (9 points) No (0 points)

Score

Total

HEIGHT	WEIGHT
4'10"	129 lbs
4'11"	133 lbs
5'0"	138 lbs
5'1"	143 lbs
5'2"	147 lbs
5'3"	152 lbs
5'4"	157 lbs
5'5"	162 lbs
5'6"	167 lbs
5'7"	172 lbs
5'8"	177 lbs
5'9"	182 lbs
5'10"	188 lbs
5'12"	193 lbs
6'0"	199 lbs
6'1"	204 lbs
6'2"	210 lbs
6'3"	216 lbs
6'4"	221 lbs

STEP 2: ADD UP YOUR SCORE

3 to 8 Points: Your risk is probably low for having diabetes now. Maintain a healthy weight, be active, 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 healthcare provider about your risk for type 2 diabetes.

9 Points or more: Your risk is high for having prediabetes now. Please make an appointment with your healthcare provider soon.

STEP 3: BRING THIS FORM TO YOUR DOCTOR OR HEALTHCARE PROVIDER

To see if additional testing is needed, present this form to your doctor or healthcare provider. He/She may refer you to a Diabetes Prevention Program, or recommend lifestyle changes to help you lower your risk.

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For more information visit PreventDiabetesHawaii.com