Patient risk assessment

ARE YOU AT RISK FOR

TYPE 2 DIABETES? American Diabetes Association.



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)

Are you a man or a woman?

Man (1 point) Woman (0 points)

If you are a woman, have you ever been diagnosed with gestational diabetes?

> Yes (1 point) No (0 points)

Do you have a mother, father, sister, or brother with diabetes?

> Yes (1 point) No (0 points)

Have you ever been diagnosed with high blood pressure?

> Yes (1 point) No (0 points)

6 Are you physically active? Yes (0 points)

What is your weight status? (see chart at right)

Write	your	score
100	L _ L	

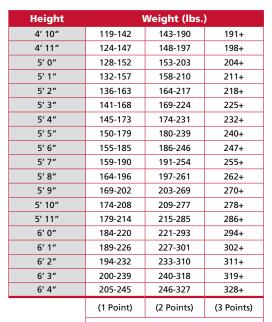


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You weigh less than the amount in the left column (0 points)

Adapted from Bang et al., Ann Intern Med

Original algorithm was validated without

gestational diabetes as part of the model.

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.

No (1 point)

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







151:775-783, 2009.

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,

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

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.

