Yes | No
---|---
1 | 0

Are you a women that has had a baby weighing more than 9 lb at birth?

1 | 0

Do you have a brother or sister with diabetes?

1 | 0

Do you have a parent with diabetes?

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

5 | 0

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

5 | 0

Are you younger than 65 and get little or no exercise in a typical day?

5 | 0

Are you between 45 and 64 years of age?

9 | 0

Are you 65 years of age or older?

Add your score and check “Know Your Risk” to see what it means.

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Know Your Risk

0-8 Your risk is probably low for having prediabetes.
Keep your risk low.
- Lose weight if you are overweight.
- Be active most days. Don’t use tobacco.
- Eat low-fat meals with fruits, vegetables, and whole-grain foods.
- Know your numbers. Talk to your provider about your cholesterol and blood pressure.

9+ Your risk is high for prediabetes. Ask your doctor about the National Diabetes Prevention Program.