

# Prediabetes Risk Test

## 1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

## 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 category?

(See chart at right)

| 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+            |
|        | <b>1 Point</b>                                    | <b>2 Points</b> | <b>3 Points</b> |
|        | You weigh less than the 1 Point column (0 points) |                 |                 |



Total score:

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. 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 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).

## You can reduce your risk for type 2 diabetes

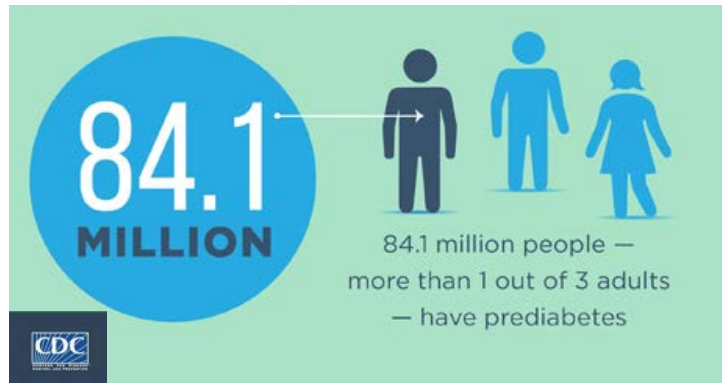
Find out how you can reverse prediabetes and prevent type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



# Join the National Diabetes Prevention Program (NDPP)!

# PREDIABETES



**Information Session:** October 9<sup>th</sup>, 2019  
from 10-10:30am

**First Class after info session:** October 9<sup>th</sup>, 2019 from 10:30-11:30am

**Where:**

Washington County Health Department  
1302 Pennsylvania Ave.  
Hagerstown, MD 21742  
2<sup>nd</sup> Floor Auditorium

**When:**

Wednesdays 10:00am-11:00am

**Requirements:**

18 years of age or older, Body Mass Index (BMI) of 25 or greater, and prediabetes diagnosed through a blood test **or** at risk for diabetes based on screening test.

Check out this website for a screening test:  
[doihaveprediabetes.org](http://doihaveprediabetes.org)

**YOU CAN PREVENT TYPE 2 DIABETES**

FIND OUT IF YOU HAVE PREDIABETES — See your doctor to get your blood sugar tested

JOIN A CDC-RECOGNIZED diabetes prevention program

- ✓ eat healthy
- ✓ be more active
- ✓ lose weight

**IT'S FREE!**

The Washington County Health Department has a **free** lifestyle change program to help you prevent or delay *Type 2 Diabetes*. Find out how to eat healthy and add physical activity to your day. Learn to manage stress and how to stay motivated. Enjoy working with a lifestyle coach and group members for 1 year. Meet once a week for the first four months and then once or twice a month for the remainder of the year.

Join this group today to get the support you need to make healthy lifestyle changes!

**Find Us Online:**

Website: [washcohealth.org](http://washcohealth.org)

Facebook.com/WashHealth

**Call today to register!**  
**240-313-3302**