


National Diabetes Education Program

Pre-diabetes Risk Test




Information

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

[more information](#)

close info disclaimer




Question 1 of 7:

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

Yes No

INFO SHARE



Question 2 of 7:

Do you have a sister or brother with diabetes?

Yes No

INFO SHARE




Question 3 of 7:

Do you have a parent with diabetes?

Yes No

INFO SHARE




Question 4 of 7:

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

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

Yes No

INFO SHARE




Question 5 of 7:

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

Yes No

INFO SHARE



Question 6 of 7:

Are you between 45 and 64 years of age?

Yes No

INFO SHARE



Question 7 of 7:

Are you 65 years of age or older?

Yes No

INFO SHARE

National Diabetes Education Program

Pre-diabetes Risk Test Score Sheets

Know your risk of having diabetes now. Answer these quick questions. For each Yes answer, add the number of points listed. All No answers are 0 points.

Question	Yes	No
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a sister or brother with diabetes?	1	0
Do you have a parent with diabetes?	1	0
Find your height on the chart. Do you weigh as much as or more than the weight listed for your height? (See chart below)	5	0
Are you under 65 years old and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years old?	5	0
Are you 65 years old or older?	9	0
Add Your Score		

These questions are from the American Diabetes Association's "Diabetes Risk Test."

Know Your Score

If you scored ...	then your risk is ...
10 or more points	High for having diabetes now. Please bring this form to your health care provider soon. If you don't have insurance and can't afford a visit to your provider, contact your local health department.
3 to 9 points	Probably low for having diabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, 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 health care provider about your risk for diabetes.

I Scored 10 or More How Can I Get Tested for Diabetes?

If you have ...	then do this ...
Individual or group private health insurance	See your health care provider. If you don't have a provider, ask your insurance company about providers who take your insurance. Deductibles and co-pays will apply.
Medicaid	See your health care provider. If you don't have a provider, contact a state Medicaid office or contact your local health department.
Medicare	See your health care provider. Medicare will pay the cost if the provider has a reason for testing. If you don't have a provider, contact your local health department.
No insurance	Contact your local health department for more information about where you could be tested or call your local health clinic.