

Prediabetes Risk Assessment

Do NOT fill out this form if you are diabetic.

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, or sibling with diabetes?

- Yes (1 point) No (0 points)

Have you ever been diagnosed with high blood pressure?

- Yes (1 point) No (0 points)

Are you physically active?

- Yes (0 points) No (1 point)

What is your weight status?

(See bottom row in the chart at the 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+

Total Score

(1 point) (2 points) (3 points)

↑
If you weigh less than the amount in the left column (0 points)

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 may have an increased risk for prediabetes and type 2 diabetes. Prediabetes precedes type 2 diabetes, a condition in which blood glucose levels are higher than normal. Only your doctor can tell for sure if you do have prediabetes or type 2 diabetes. Talk to your doctor to see if additional testing is needed.