AMERICAN DIABETES ALERT

American Diabetes Association.

GERBER MEMORIAL
HEALTH SERVICES

Are You at Risk?

Calculate Your Chances for Type 2 or Pre-Diabetes

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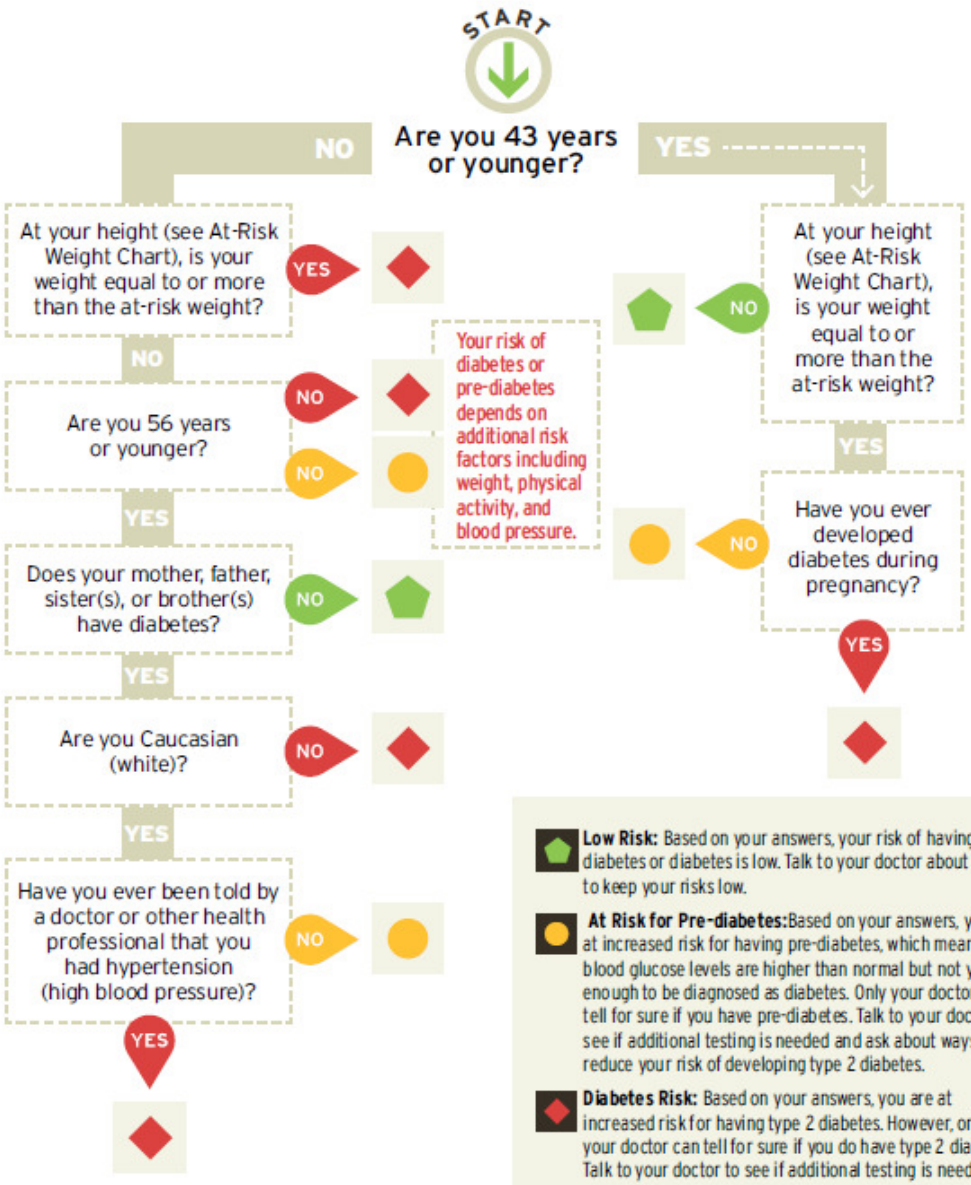
If someone you know has diabetes – particularly a family member – you're probably wondering whether you could develop it, too. The American Diabetes Association has revised its Diabetes Risk Test according to a new, more accurate statistical model. The updated test includes some new risk factors, and projects risk for pre-diabetes as well as diabetes. You can take the test below or at diabetes.org/risk-test.jsp. Then talk to your doctor if the results suggest you have or may develop diabetes. ▲

AT-RISK WEIGHT CHART

Height	Weight
4'10" (147 cm)	148 lbs (67.3 kg)
4'11" (150 cm)	153 lbs (69.5 kg)
5'0" (152 cm)	158 lbs (71.8 kg)
5'1" (155 cm)	164 lbs (74.5 kg)
5'2" (157 cm)	169 lbs (76.8 kg)
5'3" (160 cm)	175 lbs (79.5 kg)
5'4" (162 cm)	180 lbs (81.8 kg)
5'5" (165 cm)	186 lbs (84.5 kg)
5'6" (168 cm)	192 lbs (87.3 kg)
5'7" (170 cm)	198 lbs (90.0 kg)
5'8" (173 cm)	203 lbs (92.3 kg)
5'9" (175 cm)	209 lbs (95.0 kg)
5'10" (178 cm)	216 lbs (98.2 kg)
5'11" (180 cm)	222 lbs (100.9 kg)
6'0" (183 cm)	228 lbs (103.6 kg)
6'1" (185 cm)	235 lbs (106.8 kg)
6'2" (188 cm)	241 lbs (109.5 kg)
6'3" (190 cm)	248 lbs (112.7 kg)
6'4" (193 cm)	254 lbs (115.5 kg)

DIABETES RISK TEST

This simple tool can help you determine your risk for pre-diabetes or diabetes.
First, using the flow chart below, answer the questions until you reach a colored shape.
Second, match the colored shape with a risk message shown in the box below.



Low Risk: Based on your answers, your risk of having pre-diabetes or diabetes is low. Talk to your doctor about ways to keep your risks low.

At Risk for Pre-diabetes: Based on your answers, you are at increased risk for having pre-diabetes, which means your blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Only your doctor can tell for sure if you have pre-diabetes. Talk to your doctor to see if additional testing is needed and ask about ways to reduce your risk of developing type 2 diabetes.

Diabetes Risk: Based on your answers, 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. Talk to your doctor to see if additional testing is needed.

American Diabetes Association.
Cure • Care • Commitment

DIABETES.ORG ▲ 1-800-DIABETES