

DO YOU KNOW YOUR DIABETES RISK?

Answer these simple questions to find out if you are at a high risk for developing diabetes.



To determine your level of risk, add the number of points in the parenthesis for every **'Yes'** answer.

1. Do you have a parent or sibling with diabetes? **(+1)**
2. Are you a woman who has ever given birth to a baby weighing over 9 pounds? **(+1)**
3. Are you between 45 and 65 years of age? **(+5)**
4. Are you younger than 65 years of age, but get little to no daily exercise? **(+5)**
5. Are you 65 or older? **(+9)**
6. Have you ever been diagnosed with high blood pressure? **(+1)**
7. According to the chart below, do you weigh too much for your height?

If you accumulated 10 or more points you could have a significant risk of developing prediabetes, a precursor to diabetes. Speak with your healthcare provider about taking preventative steps.

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+
	1 Point	2 Points	3 Points

Height	Weight (lbs)		
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+
	1 Point	2 Points	3 Points

If you weigh less than the 1 point column 0 points added to score.

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