



Are you at risk for type 2 diabetes?

1. 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)
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 on back

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. Only your doctor can tell for sure if you have type 2 diabetes. Talk to your doctor to see if additional

For more information, visit diabetes.org/alertday

At Risk Weight Chart

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+
	1 point	2 points	3 points
If you weigh less than the amount in the left column: 0 points			

Higher body weight increases diabetes risk. The good news is you can manage your risk for type 2 diabetes.