DDS Health Toolkit
BRIDGE TO WELLNESS

Diabetes Risk Test

According to the American Diabetes Association, over 7 million people are living with undiagnosed diabetic conditions, and another 1 in 3 adults in America are at risk for developing type 2 diabetes. Here's a quick tool to assess the risk for developing diabetes.

Write your score in the boxes below

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. **What is your sex?**
   - Female (0 points)
   - Male (1 point)
3. **If you are a woman, have you ever been diagnosed with gestational diabetes?**
   - No (0 points)
   - Yes (1 point)
4. **Do you have a mother, father, sister, or brother with diabetes?**
   - No (0 points)
   - Yes (1 point)
5. **Have you ever been diagnosed with high blood pressure?**
   - No (0 points)
   - Yes (1 point)
6. **Are you physically active?**
   - No (1 point)
   - Yes (0 points)
7. **What is your weight status?**

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)
	You weigh less than the amount in the left column (0 points)		

Source: American Diabetes Association

If you scored 5 or higher

You are at increased risk for having type 2 diabetes. Only a doctor can diagnose type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal).

Additional Resources

- American Diabetes Association https://www.diabetes.org/
  - www.diabetes.org/resources/statistics/statistics-about-diabetes
- Center for Disease Control and Prevention https://www.cdc.gov/diabetes/prevention/index.html
- Let's Get Healthy California https://letsgethealthy.ca.gov/goals/living-well/decreasing-diabetes-prevalence/