



SOUTH DAKOTA
DIABETES
COALITION

**ARE YOU AT RISK FOR
TYPE 2 DIABETES?**

DIABETES RISK TEST

Write your score
in the box.

- 1** **ARE YOU A WOMAN WHO HAS HAD A BABY WEIGHING MORE THAN 9LBS. AT BIRTH?**

Yes (1 POINT) No (0 POINTS)
- 2** **DO YOU HAVE A SISTER OR BROTHER WITH DIABETES?**

Yes (1 POINT) No (0 POINTS)
- 3** **DO YOU HAVE A PARENT WITH DIABETES?**

Yes (1 POINT) No (0 POINTS)
- 4** **FIND YOUR HEIGHT ON CHART (SEE ON BACK) DO YOU WEIGH AS MUCH AS OR MORE THAN THE WEIGHT LISTED FOR YOUR HEIGHT?**

Yes (5 POINTS) No (0 POINTS)
- 5** **ARE YOU YOUNGER THAN 65 AND GET LITTLE OR NO EXERCISE IN A TYPICAL DAY?**

Yes (5 POINT) No (0 POINTS)
- 6** **ARE YOU BETWEEN THE AGES OF 45 AND 64?**

Yes (5 POINTS) No (0 POINTS)
- 7** **ARE YOU 65 YEARS OF AGE OR OLDER?**

Yes (9 POINTS) No (0 POINTS)

TOTAL SCORE

HEIGHT	WEIGHT (lbs.)
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221
	(5 POINTS)
	If your weight is less than listed above. (0 POINTS)

IF YOUR SCORE IS 3 TO 8 POINTS:

This means your risk is probably low for having prediabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high

blood pressure, talk to your health care provider about your risk for type 2 diabetes.

IF YOUR SCORE IS 9 OR MORE POINTS:

This means your risk is high for having prediabetes now. Please make an appointment with your health care provider soon.

LOWER YOUR RISK

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit SDDiabetesCoalition.com or call 1-855-648-9951 for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.



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