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 at right.

If you scored 5 or higher:

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 or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

For more information, visit us at diabetes.org/alertday or call 1-800-DIABETES (800-342-2383).

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