

# Prediabetes Risk Assessment

**1 in 3 American adults has prediabetes.** Take the risk assessment below developed by the American Diabetes Association to find out if you're at risk for prediabetes.

## 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?

- Woman (0 points)
- Man (1 point)

## 3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- No (0 points)
- Yes (1 point)
- N/A

## 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. Using the chart, find your height in the grey left-hand column. Next, on the same row as your height, find your weight in the white columns.

### What white column is your weight list in?

- Weight is below the range shown for my height (0 points)
- Weight is in first column (1 point)
- Weight is in the second column (2 points)
- Weight is in the third column (3 points)

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)

**Next to each answer is a point value. Add up your points from all questions. If you scored:**

**5 or higher:** You're likely to have prediabetes and are at high risk for type 2 diabetes, but only your doctor can diagnose diabetes or prediabetes. Prediabetes can often be reversed with lifestyle changes and medical intervention before it develops into type 2 diabetes so talk to your doctor to see if additional testing is needed and learn what you can do to lower your risk.

**Below 5:** Your risk for prediabetes and type 2 diabetes is low. It is important to continue to be physically active, eat healthier foods, and schedule regular check ups with your doctor as your risk can change over time. If you are still concerned about your risk for prediabetes, talk to your doctor for more information and testing.



To learn more and find resources visit [kydiabetes.net/know-your-risk](http://kydiabetes.net/know-your-risk) or scan the QR code



# Type 1 Diabetes Early Awareness Assessment

Type 1 diabetes is an autoimmune disease which can affect anyone at any age. Take the risk assessment below to find out if you're at an increased risk for developing type 1 diabetes so you can have an informed conversation with your health care provider.

1. Do you have a family member with type 1 diabetes?

- Yes
- No

2. Do you have a history of autoimmune conditions like Hashimoto's disease, Graves' Disease, or Celiac disease?

- Yes
- No

3. Have you ever been diagnosed with prediabetes?

- Yes
- No

## If you answered "yes" to any question:

You *may* be at an increased risk for type 1 diabetes. Talk with your doctor about the importance of **autoantibody screening** which can help identify your risk for developing type 1 diabetes.

## Say Empowered by Staying Informed

Early screening gives you and your health care team power and time to prepare which can help avoid serious health complications and connect you with resources.

Explore the sites below to learn more about type 1 diabetes screening options.

- [asktheexperts.org](http://asktheexperts.org)
- [trialnet.org](http://trialnet.org)
- [askhealth.org](http://askhealth.org)
- [screenfortype1.com](http://screenfortype1.com)



To learn more and find resources visit [kydiabetes.net/know-your-risk](http://kydiabetes.net/know-your-risk) or scan the QR code

