

ARE YOU AT RISK FOR TYPE 2 DIABETES?



Diabetes Risk Test

1. How old are you?

- a. Less than 40 years (0 points)
- b. 40-49 years (1 point)
- c. 50-59 years (2 points)
- d. 60 and older (3 points)

2. Are you a man or a woman?

- a. Man (1 point)
- b. Woman (0 points)

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

- a. Yes (1 point)
- b. No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- a. Yes (1 point)
- b. No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- a. Yes (1 point)
- b. No (0 points)

6. Are you physically active?

- a. Yes (0 points)
- b. No (1 point)

7. What is your weight status?

(see chart at right)

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

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. Talk to your LiveOn provider to see if additional testing is needed.

LiveOn Center.com or (770-302-6780)

Add up your score.

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 long, Live well, Live On!