

Prediabetes Screening Test

COULD YOU HAVE PREDIABETES?

Prediabetes means a person's blood sugar (glucose) levels are higher than normal, but not high enough yet to be diagnosed with diabetes. Left untreated, prediabetes can progress into type 2 diabetes — a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of limbs. If 1 in 3 American adults has prediabetes, it could be you, your sibling, or your best friend. **Take the risk test below to know where you stand.**

TAKE THE TEST — KNOW YOUR SCORE!

1 Answer these seven simple questions.



Write your score below.

Questions	
How old are you?	
<ul style="list-style-type: none"> · Younger than 40 years (0 points) · 40–49 years (1 point) · 50–59 years (2 points) · 60 years or older (3 points) 	<input style="width: 50px; height: 25px;" type="text"/>
Are you a man or a woman?	
<ul style="list-style-type: none"> · Man (1 point) · Woman (0 points) 	<input style="width: 50px; height: 25px;" type="text"/>
If you are a woman, have you ever been diagnosed with gestational diabetes?	
<ul style="list-style-type: none"> · Yes (1 point) · No (0 points) 	<input style="width: 50px; height: 25px;" type="text"/>
Do you have a mother, father, sister, or brother with diabetes?	
<ul style="list-style-type: none"> · Yes (1 point) · No (0 points) 	<input style="width: 50px; height: 25px;" type="text"/>
Have you ever been diagnosed with high blood pressure?	
<ul style="list-style-type: none"> · Yes (1 point) · No (0 points) 	<input style="width: 50px; height: 25px;" type="text"/>
Are you physically active?	
<ul style="list-style-type: none"> · Yes (0 points) · No (1 point) 	<input style="width: 50px; height: 25px;" type="text"/>
What is your weight category?	
(See chart at right)	<input style="width: 50px; height: 25px;" type="text"/>
Total Score:	<input style="width: 50px; height: 25px;" type="text"/>

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 Point	3 Point
Write in the number of points in the box to the left.			

You weigh less than the 1 Point column (0 points)

2 Use the at-risk weight chart.



3 Add up your score — Find out your risk.

If you scored less than 5

This means your prediabetes risk is probably low right now. Keep your risk low by taking care of your health. 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 you scored 5 or higher

This means you are likely to have prediabetes and your risk for type 2 diabetes is high. However, only a doctor can tell you for sure if you have prediabetes or diabetes. Please make an appointment with your health care provider now. You can find a health care provider in your network by visiting nyc.gov/HBP.

Adapted from the CDC Prediabetes Screening Test Tool. For more information, please visit www.cdc.gov/diabetes.

To learn more:
workwell@olr.nyc.gov
www.nyc.gov/workwellnyc

