

## Prediabetes Screening Test

Take the test– know your score!



1. Are you a woman who has had a baby weighing more than 9 pounds at birth?

Yes                  No                  Score: \_\_\_\_\_

2. Do you have a sister or brother with diabetes?

Yes                  No                  Score: \_\_\_\_\_

3. Do you have a parent with diabetes?

Yes                  No                  Score: \_\_\_\_\_

4. Find your height on the chart provided. Do you weigh as much as or more than the weight listed for your height?

Yes                  No                  Score: \_\_\_\_\_

5. Are you younger than 65 years of age and get little or no exercise in a typical day?

Yes                  No                  Score: \_\_\_\_\_

6. Are you between 45 and 64 years of age?

Yes                  No                  Score: \_\_\_\_\_

7. Are you 65 years of age or older?

Yes                  No                  Score: \_\_\_\_\_

Total score: \_\_\_\_\_

If you scored 3 to 8 points on this test, you are probably not at a high risk for having prediabetes now.

If you scored a 9 points or higher on this test, you are at a high risk of becoming prediabetic or may already have prediabetes and are unaware of it. Please bring this form to your healthcare provider soon in order to be evaluated.

# Prediabetes Screening Test

## Height and Weight Chart



Height	Weight (in pounds)
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

# Prediabetes Screening Test

Scoring Chart



Question	Yes	No
1.	1	0
2.	1	0
3.	1	0
4.	5	0
5.	5	0
6.	5	0
7.	9	0