

Prediabetes Risk Test

1. How old are you?

- Younger 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?

- No (1 point) Yes (0 points)

7. What is your weight category?

See Weight Category Chart at right

Weight Category Chart (lbs.)

Height	1 Point	2 Points	3 Points
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+

If you weigh less than the 1 point column, 0 points.

Total Score

If you scored 5 or higher

Based on your score, you're likely to have prediabetes, but only your doctor can diagnose it for sure. Share your results with your doctor and ask for a simple blood test to confirm them.

Ready to take action?

Did you know, the National DPP is a lifestyle change program that has been proven highly effective! Participants in this program set goals for weight loss and exercise and reduce their risk for developing Type 2 Diabetes by at least 58%. Join the year long program led by a certified Lifestyle Coach in a group setting, giving you accountability, a support system, and a curriculum that works.

You can refer yourself to a program via the Iowa community HUB: iacommunityhub.org or learn more at hhs.iowa.gov/diabetes.