

Pre-diabetes Screening Test



Answer each of the seven questions below and tally the points for all of the questions to which you answer “Yes.” On the following page, read about what your score may indicate about your potential risk for pre-diabetes.

YES	NO
1	0
1	0
1	0
5	0
5	0
5	0
9	0

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

Do you have a sister or brother with diabetes?

Do you have a parent with diabetes?

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

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

Are you between 45 and 64 years of age?

Are you 65 years of age or older?

Add your score

AT-RISK WEIGHT CHART

Height	Weight (pounds)	Height	Weight (pounds)
4'10"	129	5'7"	172
4'11"	133	5'8"	177
5'0"	138	5'9"	182
5'1"	143	5'10"	188
5'2"	147	5'11"	193
5'3"	152	6'0"	199
5'4"	157	6'1"	204
5'5"	162	6'2"	210
5'6"	167	6'3"	216
		6'4"	221

A SCORE BETWEEN 3-8 POINTS

This means your risk for having pre-diabetes is likely low. You may benefit from certain lifestyle modifications to treat or prevent issues such as obesity, high cholesterol and high blood-pressure. Consider speaking with your health care provider about strategies for maintaining a healthy and active lifestyle that would lower your risk for various conditions, including type 2 diabetes.

A SCORE OF 9 OR MORE POINTS

This means your risk for having pre-diabetes is likely high. Consider speaking with your health care provider soon.

HOW TO GET TESTED FOR PRE-DIABETES

See your health care provider or consider visiting one of the Palos Medical Group physicians. Your physician will determine your risk for pre-diabetes and conduct or order any necessary testing.