

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.