

# Do you have prediabetes?

## Prediabetes Risk Survey

- 1 Are you a man or a woman?**  
 Man (1 point)  
 Woman (0 points) \_\_\_\_\_
- 2 If you are a woman, have you ever been diagnosed with gestational diabetes?**  
 Yes (1 point) \_\_\_\_\_  
 No (0 points) \_\_\_\_\_
- 3 Do you have a mother, father, sister, or brother with diabetes?**  
 Yes (1 point) \_\_\_\_\_  
 No (0 points) \_\_\_\_\_
- 4 Have you ever been diagnosed with high blood pressure?**  
 Yes (1 point) \_\_\_\_\_  
 No (0 points) \_\_\_\_\_
- 5 How old are you?**  
 Less than 40 years (0 points) \_\_\_\_\_  
 40–49 years (1 point) \_\_\_\_\_  
 50–59 years (2 points) \_\_\_\_\_  
 60 years or older (3 points) \_\_\_\_\_
- 6 Are you physically active?**  
 Yes (0 points) \_\_\_\_\_  
 No (1 point) \_\_\_\_\_
- 7 What is your weight status? (see chart at right)** \_\_\_\_\_

Write your score here:

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+
	<b>1 point</b>	<b>2 points</b>	<b>3 points</b>
If you weigh less than the amount above: <b>0 points</b>			

Adapted from Bang et al, Ann Intern Med 151:775-783. 2009. Original algorithm was validated without gestational diabetes as part of the model.

### If you scored 5 or higher:

You're likely to have prediabetes and are at risk for type 2 diabetes. However, only a doctor can tell you for sure if you have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to our providers to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans and Pacific Islanders.

Add up your score:

### Lower your risk:

The good news? With a little exercise and a change in diet, the symptoms often can be reversed.

Our Lean for Life Diabetes Prevention Program (LFLDPP) is personalized, customized, and delivered through a one-on-one relationship with a team of medical providers, nurses, and coaches.

**Live like you mean it.  
Live Lean for Life.**