

ARE YOU AT RISK FOR

# TYPE 2 DIABETES?

## Diabetes Risk Test

This handout is designed to screen for men that may be eligible for “Beef protein intake, physical activity, and muscle quality among men,” a study to test muscle health at NDSU, Fargo, ND. Any questions regarding this handout should be directed to [Sherri.Stastny@ndsu.edu](mailto:Sherri.Stastny@ndsu.edu) or **701-231-7479**.

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+
	(1 Point)	(2 Points)	(3 Points)
You weigh less than the amount in the left column (0 points)			

**1** Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point)    No (0 points)

Write your score in the box.




**2** Have you ever been diagnosed with high blood pressure?

Yes (1 point)    No (0 points)

**3** Are you physically active?

Yes (0 points)    No (1 point)

**4** What is your weight status? (see chart at right)

Add up your score.




### If you scored 5 or higher:

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

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

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at [diabetes.org/alert](http://diabetes.org/alert) or call 1-800-DIABETES (1-800-342-2383)

### Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit [diabetes.org](http://diabetes.org) or call 1-800-DIABETES (1-800-342-2383) for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.

