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 or 701-231-7479.

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

Yes (1 point) No (0 points)

Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

Are you physically active?

Yes (0 points) No (1 point)

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

Write your score in the box.

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 or call 1-800-DIABETES (1-800-342-2383)

---

### Height Weight (lbs.)

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight (lbs.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4' 10&quot;</td>
<td>119-142</td>
</tr>
<tr>
<td>4' 11&quot;</td>
<td>124-147</td>
</tr>
<tr>
<td>5' 0&quot;</td>
<td>128-152</td>
</tr>
<tr>
<td>5' 1&quot;</td>
<td>132-157</td>
</tr>
<tr>
<td>5' 2&quot;</td>
<td>136-163</td>
</tr>
<tr>
<td>5' 3&quot;</td>
<td>141-168</td>
</tr>
<tr>
<td>5' 4&quot;</td>
<td>145-173</td>
</tr>
<tr>
<td>5' 5&quot;</td>
<td>150-179</td>
</tr>
<tr>
<td>5' 6&quot;</td>
<td>155-185</td>
</tr>
<tr>
<td>5' 7&quot;</td>
<td>159-190</td>
</tr>
<tr>
<td>5' 8&quot;</td>
<td>164-196</td>
</tr>
<tr>
<td>5' 9&quot;</td>
<td>169-202</td>
</tr>
<tr>
<td>5' 10&quot;</td>
<td>174-208</td>
</tr>
<tr>
<td>5' 11&quot;</td>
<td>179-214</td>
</tr>
<tr>
<td>6' 0&quot;</td>
<td>184-220</td>
</tr>
<tr>
<td>6' 1&quot;</td>
<td>189-226</td>
</tr>
<tr>
<td>6' 2&quot;</td>
<td>194-232</td>
</tr>
<tr>
<td>6' 3&quot;</td>
<td>200-239</td>
</tr>
<tr>
<td>6' 4&quot;</td>
<td>205-245</td>
</tr>
</tbody>
</table>

You weigh less than the amount in the left column (0 points)

(1 Point) (2 Points) (3 Points)

Add up your score.

STOP DIABETES (1-800-342-2383)