



Are You at Risk for Prediabetes or Type 2 Diabetes?

Type 2 diabetes is the most common form of diabetes. Prediabetes is a state that the blood glucose is higher than healthy range but not high enough to be diagnosed as diabetes. Being an Asian American, having a family history of diabetes, being overweight and inactive are some of the risk factors.

Did you know if you have prediabetes or diabetes? The following Diabetes Risk Screening Test will help you to find out your risk level.

Instructions:

1. Answer each of the 9 questions in the Diabetes Risk Screening Test by selecting the answers that apply to you.
2. Add up the points that are associated with each answer and find out the total score.
3. Find out your risk level of developing type 2 diabetes on the next page.

Diabetes Risk Screening Test for Adults in the United States*

1. Is your BMI above healthy range (≥ 23 for Asians or ≥ 25 for others)?	Yes (1 point)	No (0 point)
2. Do you have a parent, brother or sister with diabetes?	Yes (1 point)	No (0 point)
3. Are you an Asian or a Pacific Islander?	Yes (1 point)	No (0 point)
4. Did you have gestational diabetes when you were pregnant or you gave birth to at least one baby weighing 9 pounds (4 kg) or more?	Yes (1 point)	No (0 point)
5. Is your blood pressure not within goal: <ul style="list-style-type: none"> • Blood pressure of 130/80 mmHg or higher, or • You have been told that you have high blood pressure? 	Yes (1 point)	No (0 point)
6. Are your cholesterol (lipid) levels not within goal: <ul style="list-style-type: none"> • HDL cholesterol ("good" cholesterol) is less than 35 mg/dL, or • Triglyceride level is 250 mg/dL or higher? 	Yes (1 point)	No (0 point)
7. Do you exercise fewer than 3 times a week?	Yes (5 points)	No (0 point)
8. Are you between 45-64 years old?	Yes (5 points)	No (0 point)
9. Are you 65 years or older?	Yes (9 points)	No (0 point)
My total score is:		

*This Diabetes Risk Screening Test is adapted from www.ndep.nih.gov and www.diabetes.org. This version has been modified for Asian Americans and Pacific Islanders only.

Are You at Risk for Prediabetes or Type 2 Diabetes? – continued

Interpretation of the Diabetes Risk Screening Test Scores

If you scored 2 or below:

You are at **low** risk for developing diabetes.

Continue to keep up with the good work!

If you scored between 3 – 9:

You are at **moderate** risk for developing diabetes.

You can continue to lower your risk for developing diabetes by: maintaining a healthy weight, choose low fat and whole grain foods.

Consult a Registered Dietitian for an individualized meal plan and a weight loss plan if you need to lose weight. Remember to follow up with your primary care provider yearly to check your blood glucose level and other risk factors for diabetes.

If you scored 10 or higher:

You are at **high** risk for developing diabetes.

Only your doctor can verify if you have diabetes.

Please consult your doctor as soon as possible.

The Good News:

Type 2 diabetes is preventable and manageable. Small lifestyle changes can make a big difference to your health. Regardless of your risk level, here are a few things that you can start doing to help you live a healthier life:

- 1) If you are overweight (BMI \geq 23), lose 5-10% of your weight
- 2) Each week exercise for at least 150 minutes with moderate intensity (for example, brisk walking, house cleaning)
- 3) Make healthier food choices