



Virginia Diabetes Council

To find out if you are at risk, **circle the points next to each statement that is true for you**. If a statement is **not true, circle zero**. Answer all 7 questions. Then add the points under “yes” to get your total score.

American Diabetes Association Risk Test	Yes	No
1. My weight is equal to or above that listed in the chart on the other side of the page.	5	0
2. I am under 65 years of age and I get little or no exercise during a usual day. (Circle “Yes” only if both are true)	5	0
3. I am between 45 and 64 years of age.	5	0
4. I am 65 years old or older.	9	0
5. I am a woman who has had a baby weighing more than nine pounds at birth.	1	0
6. I have a sister or brother with diabetes.	1	0
7. I have a parent with diabetes.	1	0
Total points		

If your score is 3-9 points

You are probably at low risk for having diabetes now. But don't just forget about it -- especially if you are Hispanic/Latino, African American, American Indian, Asian American, or Pacific Islander. You may be at higher risk in the future.

If your score is 10 or more points

You are at greater risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next office visit, find out for sure.

At-Risk Weight Chart Body Mass Index

Height in feet and inches without shoes	Weight in pounds without clothing
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes.