

Prediabetes Risk Test



Diabetes and Your Patients' Health

Diabetes affects over 30 million Americans. If your patient has diabetes, it can lead to problems with their eyes, nerves, kidneys, heart and other parts of their body. It can also affect their teeth, gums, and the rest of their mouth. Screening your patients for prediabetes can have a significant impact on their health, and on your ability to keep their oral health on track.

Oral Health Problems Associated with Diabetes

- Burning Mouth Syndrome
- Dry Mouth (xerostomia)
- Periodontal (gum) disease
- Thrush (oral candidiasis)
- Tooth Decay

What Can You Do?

If your patient screens a 5 or higher on the Prediabetes Risk Screening, they are at risk for diabetes. Please use the Motivational Interviewing Tip Sheet to guide your discussion on the connection between diabetes and oral health, offer them the patient handout provided in this toolkit, and recommend that they follow up with their healthcare provider.

Helping your patients NOW can prevent onset of type 2 diabetes and improve their overall health!

With small steps, your patient can possibly reverse their risk for developing diabetes and live a longer, healthier life. *Offer your patient the Patient Prediabetes Risk handout provided in your toolkit.*



This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under T12HP28885 Oral Health Workforce Grant for \$1,200,000. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

This publication (journal article, etc.) was supported by the Grant or Cooperative Agreement Number, U58DP004888-05, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



Ask your patients the questions below and write their scores in the boxes

1. How old are you?

- Less than 40 years old (0 points)
- 40-49 years (1 point)
- 50-59 years (2 points)
- 60 years and older (3 points)

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

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

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight status?

See chart

TOTAL

Height	Weight		
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' 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)

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

SCORE OF 5 OR HIGHER:

Your patient is likely to have prediabetes and is at risk for type 2 diabetes.