

Do you have Prediabetes?



Prediabetes Risk Test

Write your score in the box

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.

If you have a score of 5 or higher on the Prediabetes Risk Screening, you may have prediabetes. We recommend that you follow up with your healthcare provider. Your dental provider will offer you information on what steps you can take to lower your risk.

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