

# DIABETES

## RISK TEST

ARE YOU UNDER **45 YEARS OLD**?

No

At your height, is your weight equal to or more than the at-risk weight?

Yes

**High Risk**

No

Are you under 57 years old?\*

No

**High Risk**

**At risk for Pre-Diabetes**

Yes

Does a member of your family suffer from diabetes?

No

**Low Risk**

Yes

Have you ever been told by a doctor that you have hypertension (high blood pressure)?

No

**At risk for Pre-Diabetes**

Yes

**High Risk**

Yes

At your height, is your weight equal to or more than the at-risk weight?

No

**Low Risk**

Yes

Have you ever developed diabetes during pregnancy?

No

**At risk for Pre-Diabetes**

Yes

**High Risk**

### AT-RISK WEIGHT CHART

Height	Weight
147cm	67kg
149cm	69kg
152cm	71kg
154cm	74kg
157cm	76kg
160cm	79kg
162cm	81kg
165cm	84kg
167cm	87kg
170cm	89kg
172cm	92kg
175cm	94kg
177cm	97kg
180cm	100kg
182cm	103kg
185cm	106kg
187cm	109kg
193cm	112kg

**LOW RISK:** Right now your risk for having pre-diabetes or diabetes is low. But your risk goes up as you get older. Talk to your doctor about how to keep your risk low.

**At RISK FOR PRE-DIABETES:** You are at higher risk for pre-diabetes which means your blood glucose is higher than normal but not high enough to be diagnosed as diabetes. Talk to your doctor about ways to reduce your risk for diabetes.

**HIGH RISK:** You are at higher risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes. Talk to your doctor to see if additional testing is needed.

\*Your risk for diabetes or pre-diabetes depends on additional risk factors including weight, physical activity and blood pressure.