

ARE YOU AT RISK FOR

TYPE 2 DIABETES?

Diabetes Risk Test

- 1** How old are you?
 Less than 40 years (0 points)
 40—49 years (1 point)
 50—59 years (2 points)
 60 years or older (3 points)

Write your score
in the box.



- 2** Are you a man or a woman?
 Man (1 point) Woman (0 points)

- 3** If you are a woman, have you ever been diagnosed with gestational diabetes?
 Yes (1 point) No (0 points)

- 4** Do you have a 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 at right)

Height	Weight (lbs.)		
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' 7"	159-190	191-254	255+
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)

If you scored 5 or higher:

If you scored 5 or higher, you may be at risk of developing type 2 diabetes and may be eligible for the **Small Steps for Big Changes** program to help reduce your risk.

Add up your score.



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

Learn more about the **Small Steps for Big Changes** program on our website smallsteps.ok.ubc.ca
 Contact us, tell us your risk score, and we will call you back to confirm your eligibility for the study.



THE UNIVERSITY OF BRITISH COLUMBIA

SMALL STEPS
FOR **BIG CHANGES**