



CDC Pre-Diabetes Screening Quiz

Yes No = 0 pts

- 1 pt Are you a woman who has had a baby weighing more than 9 pounds at birth?
- 1 pt Do you have a sister or brother with diabetes?
- 1 pt Do you have a parent with diabetes?
- 5 pts Are you younger than 65 years old and get little or no exercise in a typical day?
- 5 pts Are you between 45 and 64 years old?
- 5 pts Are you 65 years or older?

Find your height on the chart below.

Do you weigh as much or more than the weight listed for your height?

At Risk Weight Chart

	Height	Weight	Height	Weight
	4'10"	129	5'7"	172
	4'11"	133	5'8"	177
	5'0"	138	5'9"	182
	5'1"	143	5'10"	188
	5'2"	147	5'11"	193
	5'3"	152	6'0"	199
Yes – 5 pts	5'4"	157	6'1"	204
No – 0 pts	5'5"	162	6'2"	210
	5'6"	167	6'3"	216

If your score is 3 to 8 points

This means your risk is probably low for having pre-diabetes now. Keep your risk low.

If your score is 9 or more points

This means your risk is high for having pre-diabetes now. This is NOT a diagnosis. Please make an appointment with your health care provider for further discussion regarding your risk.