

ARE YOU AT RISK FOR TYPE 2 DIABETES ?

Take this risk test to find out ...

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).

2

Are you a man or a woman?

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

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 the chart at the back for a reference)



To see your result calculate your overall score and check the information on the back

Add up
your score

Weight Status Chart

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 first weight column (0 points)

RESULTS

Source - American Diabetes Association

If you scored **5** or higher, you are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes. Talk to your doctor to see if additional testing is needed.

www.hico.health
Become a member today
212.390.8114 (call or text)



