

# Patient risk assessment

## Are YOU at RISK for PREDIABETES or DIABETES TYPE 2?



- 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 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)

Write your score in the box.

↓








Add up your score.

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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:

You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at

[DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)

## LOWER YOUR RISK

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org) for more information on how to make small lifestyle changes to help lower your risk.



# What's Your Number?

your estimated average glucose (eAG) number



If you have diabetes you may know about A1C. It tells you the average level of glucose (sugar) in your blood over 2–3 months. It is reported as a percent (for example, 7%). Knowing your A1C tells you about your risk for complications of diabetes, problems caused by diabetes such as blindness, kidney disease, amputation, heart attack, and stroke.



Now we have a new way to report AC called estimated average glucose, or eAG. eAG uses the same units that you see on a lab report or on your meter (for example 154mg/dl). Just like A1C, eAG lets you know the average level of glucose in your blood 24/7 for 2–3 months.

eAG can help you better understand your A1C level and helps you and your provider decide how to treat your diabetes.



## A1C to eAG Conversion Chart

A1C	eAGmg/dl	A1C	eAGmg/dl
5	97	9	212
5.5	111	9.5	226
6	126	10	240
6.5	140	10.5	255
7	154	11	269
7.5	169	11.5	283
8	183	12	298
8.5	197	12.5	312