

# Your Score: 5 of 10 (High Risk for Prediabetes)

Based on your score, you're likely to have prediabetes and are at high risk for type 2 diabetes, but only your doctor can diagnose either for sure. Share your results with your doctor and ask for a simple blood test to confirm them.

## What Can I Do Next?

### I want to learn more.



If you're diagnosed with prediabetes, making healthy changes can help you prevent type 2 diabetes.

**Find my Path 2 Prevention:**  
<https://diabetespath2prevention.cdc.gov/>

### I'm ready to get started.



CDC's National Diabetes Prevention Program lifestyle change program gives you the steps you need to cut your type 2 diabetes risk in half.

**Take me to the program:**  
[www.cdc.gov/diabetes/prevention/lcp-details.html](http://www.cdc.gov/diabetes/prevention/lcp-details.html)

## How Your Test was Scored

Points for each risk factor were added up to calculate your score.

For example, if you answered no to the question "Have you ever been diagnosed with high blood pressure?" you scored 0 points for High Blood Pressure.

**A score of 5 points or higher is considered high risk for having prediabetes.**  
(see next page for detailed breakdown)

## Family History

**Yes: 1 point**      **No: 0 points**

There's a link between family history and type 2 diabetes, but not only because family members are related. Sometimes they share certain habits that can increase their risk.

## High Blood Pressure

**Yes: 1 point**      **No: 0 points**

High blood pressure raises your risk for type 2 diabetes. It can also increase your risk for heart disease, eye problems, and kidney disease or make them worse.

## Age

**Less than 40 years: 0 points**      **40–49 years: 1 point**  
**50–59 years: 2 points**      **60 years or older: 3 points**

The older you are, the higher your risk for type 2 diabetes. Risk starts to increase at around age 45 and increases sharply after age 65.

## Ethnicity

African Americans, Hispanic/Latino Americans, American Indians, Asian Americans, and Pacific Islanders are at higher risk for type 2 diabetes. However, this test factored in ethnicity only in calculating Asian American BMI. Asian Americans are at higher risk for type 2 diabetes at lower weights than other ethnicities.

## Physical Activity

**Yes: 0 points**      **No: 1 point**

Being inactive is a known risk factor for type 2 diabetes. One reason is that your body can't use insulin as well when you don't get regular physical activity. Insulin helps keep blood sugar levels from getting too high.

## Sex

**Man: 1 point**      **Woman: 0 points**  
**Woman who has had gestational diabetes: 1 point**

More men than women have undiagnosed diabetes, possibly because men are less likely to see their doctor regularly. Gestational diabetes (diabetes while pregnant) goes away after the baby is born, but increases a woman's risk of developing type 2 diabetes later in life.

## BMI

**< 25 (< 23 if Asian): 0 points**      **25–29 (23–29 if Asian): 1 point**  
**30–39: 2 points**      **40+: 3 points**

Body mass index or BMI is a measure of height compared to weight. For example, a person who is 5'3" and weighs 120 pounds has a BMI of 21 and is in the normal range:

WEIGHT STATUS	BMI
Normal	18.5–24.9
Overweight	25–29.9
Obese	30 or greater

People with higher BMIs have a higher risk for type 2 diabetes.

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## About the Prediabetes Risk Test

An estimated 88 million (1 in 3) American adults have prediabetes, but more than 80% percent of them don't know they have it. Having prediabetes greatly increases the chance of developing type 2 diabetes and other serious health conditions. It's critical for Americans to learn their risk, be screened regularly, and take the steps necessary to delay or prevent type 2 diabetes.

The American Diabetes Association (ADA) launched its first risk test in 1993. The risk test was adapted by a published study and validated using data from the Centers for Disease Control and Prevention (CDC). Only health traits that people would know about themselves were included, such as age, height, and weight, but not blood sugar or cholesterol levels. **A person with a score of 5 or higher on the risk test is at significant risk for having prediabetes. However, only a blood test can determine a diagnosis.**