



STUDYDADDY

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Disease Familial Risk

Your Type 2 Diabetes Risk Information

On this screen you can:

- Get your risk for type 2 diabetes based on your personal and family history information
- Learn which risk factors you may have for type 2 diabetes
- Read and print sharable letters for you and your health care provider explaining your type 2 diabetes risk

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 point) No (1 points)

7. What is your Body Mass Index? (see chart at right)

Height:

5 feet 5 inches

Weight:

185 pounds

Total Points

Get Personal Lower Risk Letter

Get Provider Lower Risk Letter

0 - 4 points: Risk not increased

5+ points: Risk Increased

2

No risk tool is perfect and your actual risk may be higher or lower than this. If you have questions about your type 2 diabetes risk, please speak provider.

This risk tool is based on a version of the Diabetes Risk Test as developed by the American Diabetes Association. Additional information about the Heikes KE, et al. Diabetes Risk Calculator: a simple tool for detecting undiagnosed diabetes and pre-diabetes. Diabetes Care. 2008 May;31(5):1

More information about type 2 diabetes risk can be found at: <http://diabetes.niddk.nih.gov/dm/pubs/riskfortype2/> (<http://diabetes.niddk.nih.gov/dm/pubs/riskfortype2/>) and <http://ndep.nih.gov/am-i-at-risk/family-history/index.aspx#main> (<http://ndep.nih.gov/am-i-at-risk/family-history/index.aspx#main>)

Height	Weight		BMI
	Normal	Overweight	
	25 or less	25 - 30	
4'10"	119 -	120-143	1
4'11"	123 -	124-148	1
5'0"	128 -	129-153	1
5'1"	132 -	133-158	1
5'2"	136 -	137-164	1
5'3"	141 -	142-169	1
5'4"	145 -	146-174	1
5'5"	150 -	151-180	1
5'6"	154 -	155-185	1
5'7"	159 -	160-191	1
5'8"	164 -	165-197	1
5'9"	169 -	170-203	2
5'10"	174 -	175-209	2
5'11"	179 -	180-215	2
6'0"	184 -	185-221	2
6'1"	189 -	190-227	2
6'2"	194 -	195-233	2
6'3"	200 -	201-240	2
6'4"	205 -	206-246	2
	0 points	1 points	2



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