Diabetes: Are you at risk?

Having diabetes means there's too much glucose, or sugar, in your blood. Many of the risk factors for diabetes may be controlled by a healthy lifestyle—things like eating healthy, losing weight and exercising. If you know your risks, you can make changes that help prevent diabetes.

What is diabetes?

Diabetes is a condition in which blood sugar levels are too high because of the body's inability to make enough insulin or use insulin properly.

Blood sugar control depends on two main factors:

- Glucose is fuel for the body's cells.
- Insulin takes glucose from the blood to the cells.

Having diabetes means your blood sugar (glucose) is too high. Your body uses sugar for energy. Insulin a hormone that helps move sugar into your cells. With diabetes, your body does not use insulin the right way or does not make enough of it.[1]

Don't delay – Schedule your diabetes screening today!

Some people with diabetes have symptoms so mild that they go unnoticed.[2]

If you think you're at risk for diabetes, talk to your healthcare provider about being screened as soon as possible.

Early detection and treatment of diabetes can decrease the risk of developing dangerous complications.[2]

There are different types of diabetes, including:

Type 1 diabetes. The pancreas does not produce insulin, which causes a buildup of glucose in your bloodstream.

Type 2 diabetes. The pancreas still makes insulin, but the insulin doesn't do its job as it should. Glucose just hangs around and builds up in the blood. Initially, the pancreas makes even more insulin to get glucose to go into the cells, but eventually the pancreas gets worn out from working so hard and doesn't produce as much insulin.

Prediabetes. Prediabetes is when a person's blood sugar level is higher than normal, but not high enough for you to be disgnosed as having diabetes. This puts a person at a greater risk of developing type 2 diabetes in the future.

Take the risk assessment below to determine your risk of diabetes. Use the results of this assessment to discuss your risk of diabetes with your healthcare provider.

Diabetes risk assessment tool		POINTS
What is your age?	Less than 40 years (0 points) 40–49 years (1 point) 50–59 years (2 points) 60 years or older (3 points)	
Are you a man or a woman?	Man (1 point) Woman (0 points)	
If you're a woman, do you have a history of gestational diabetes (diabetes while pregnant) or polycystic ovary syndrome (a hormone disorder causing irregular periods and ovarian cysts)?	Yes (1 point) No or N/A (0 points)	
Do you have a family history of diabetes (e.g., your mother, father, or sibling)?	Yes (1 point) No (0 points)	
Have you ever been diagnosed with high blood pressure?	Yes (1 point) No (0 points)	
Are you physically active (e.g., do you get 150 minutes of exercise each week)?	Yes (0 points) No (1 point)	
Are you overweight, obese or extremely obese?	Normal weight (0 points) Overweight (1 point) Obese (2 points) Extremely obese (3 points) **Note:** Use the reference chart on the next page find the correct number of points.	
What race or ethnicity best describes you?	White/Caucasian (0 points) American Indian or Alaska native (1 point) Asian American (1 point) Black or African American (1 point) Hispanic or Latino (1 point) Native Hawaiian or Pacific Islander (1 point) Other (0 points)	
	Your total score	

Diabetes risk assessment results

According to the American Diabetes Association, if your total score was greater than or equal to 5, you are at an increased risk for type 2 diabetes.[3]

If you are at high risk, see your healthcare provider for a simple blood test to check for diabetes.

Questions you may want to ask your healthcare provider:

- Should I get a diabetes screening test?
- What different tests are available?
- What are the positives and negatives of each test?
- What can I do to lower my risk for diabetes?
- What are the symptoms of diabetes?
- If I am diagnosed with diabetes, what are my treatment options?

Sources

1. "Diabetes basics," Centers for Disease Control and Prevention, last accessed April 13, 2026, https://www.cdc.gov/diabetes/about/.
2. "Warning Signs and Symptoms of Diabetes", American Diabetes Association, last accessed April 13, 2026, https://diabetes.org/about-diabetes/warning-signs-symptoms.
3. "Are you at risk for type 2 diabetes?", National Institutes of Diabetes and Digestive and Kidney Diseases, last accessed April 13, 2026, https://www.niddk.nih.gov/health-information/diabetes/overview/risk-factors-type-2-diabetes/diabetes-risk-test.

Follow these directions to use the chart below:

1. Find your height on the left side of the chart.
2. Find the range that matches your weight.
3. Look at the bottom of your weight column to find the points you need to enter in the risk assessment tool on the previous page.

Reference chart for diabetes risk assessment

1 Height	2 Weight			
4' 10"	Under 119	119–142	143–190	191+
4' 11"	Under 124	124–147	148–197	198+
5' 0"	Under 128	128–152	153–203	204+
5' 1"	Under 132	132–157	158–210	211+
5' 2"	Under 136	136–163	164–217	218+
5' 3"	Under 141	141–168	169–224	225+
5' 4"	Under 145	145–173	174–231	232+
5' 5"	Under 150	150–179	180–239	240+
5' 6"	Under 155	155–185	186–246	247+
5' 7"	Under 159	159–190	191–254	255+
5' 8"	Under 164	164–196	197–261	262+
5' 9"	Under 169	169–202	203–269	270+
5' 10"	Under 174	174–208	209–277	278+
5' 11"	Under 179	179–214	215–285	286+
6' 0"	Under 184	184–220	221–293	294+
6' 1"	Under 189	189–226	227–301	302+
6' 2"	Under 194	194–232	233–310	311+
6' 3"	Under 200	200–239	240–318	319+
6' 4"	Under205	205–245	246–327	328+
3	0 points	1 point	2 points	3 points

This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis or treatment. Consult your healthcare provider if you have questions or concerns.

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