American Diabetes Association.

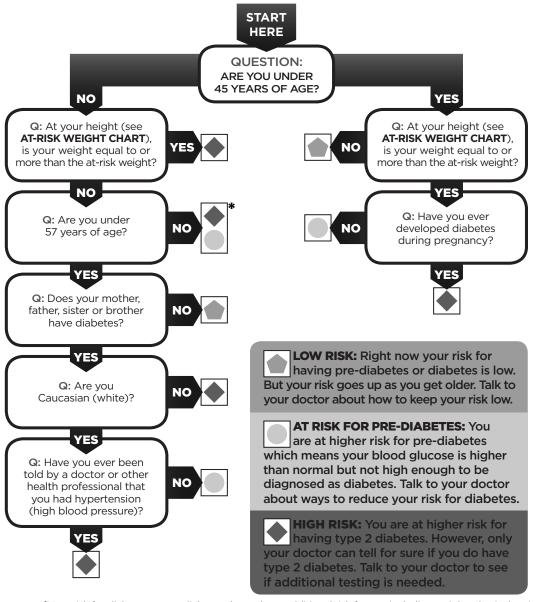
ALERT!DAY ARE YOU AT RISK?

DIABETES RISK TEST

Calculate Your Chances for Type 2 or Pre-Diabetes

The American Diabetes Association has revised its Diabetes Risk Test according to a new, more accurate statistical model. The updated test includes some new risk factors, and projects risk for pre-diabetes as well as diabetes.

This simple tool can help you determine your risk for having pre-diabetes or diabetes. Using the flow chart, answer the questions until you reach a colored shape. Match that with a risk message shown below.



AT-RISK WEIGHT CHART	
HEIGHT	WEIGHT
4'10"	148 LBS
4'11"	153 LBS
5'0"	158 LBS
5'1"	164 LBS
5'2"	169 LBS
5'3"	175 LBS
5'4"	180 LBS
5'5"	186 LBS
5'6"	192 LBS
5'7"	198 LBS
5'8"	203 LBS
5'9"	209 LBS
5'10"	216 LBS
5'11"	222 LBS
6'0"	228 LBS
6'1"	235 LBS
6'2"	241 LBS
6'3"	248 LBS
6'4"	254 LBS
6'5"	261 LBS



*Your risk for diabetes or pre-diabetes depends on additional risk factors including weight, physical activity and blood pressure.