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.

**START HERE**

**QUESTION:** ARE YOU UNDER 45 YEARS OF AGE?

- **NO**
  - **YES**
    - **Q:** At your height (see AT-RISK WEIGHT CHART), is your weight equal to or more than the at-risk weight?
      - **NO**
        - **YES**
          - **Q:** Are you under 57 years of age?
            - **NO**
              - **YES**
                - **Q:** Does your mother, father, sister or brother have diabetes?
                  - **NO**
                    - **YES**
                      - **Q:** Are you Caucasian (white)?
                        - **NO**
                          - **YES**
                            - **Q:** Have you ever been told by a doctor or other health professional that you had hypertension (high blood pressure)?
                              - **NO**
                                - **YES**

- **YES**
  - **NO**
    - **YES**
      - **Q:** At your height (see AT-RISK WEIGHT CHART), is your weight equal to or more than the at-risk weight?
        - **NO**
          - **YES**
            - **Q:** Have you ever developed diabetes during pregnancy?
              - **NO**
                - **YES**

**LOW RISK:** Right now your risk for having pre-diabetes or diabetes is low. But your risk goes up as you get older. Talk to your doctor about how to keep your risk low.

**AT-RISK FOR PRE-DIABETES:** You are at higher risk for pre-diabetes which means your blood glucose is higher than normal but not high enough to be diagnosed as diabetes. Talk to your doctor about ways to reduce your risk for diabetes.

**HIGH RISK:** You are at higher risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes. Talk to your doctor to see if additional testing is needed.

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