

Type 2 Diabetes Risk Assessment*

Check each box that applies to you. Each box checked equals 1 point.
Add up each column, entering the total at the bottom, then compare each column's total with the scorecard results below.

RISK FACTOR	HIGH	CAUTION	LOW
Blood Pressure	<input type="checkbox"/> >160/100	<input type="checkbox"/> Between 128/81 - 159/99	<input type="checkbox"/> <120/80
Age	<input type="checkbox"/> >45	<input type="checkbox"/> 41-44	<input type="checkbox"/> <40
Family History	<input type="checkbox"/> 2 or more immediate relatives	<input type="checkbox"/> 1 immediate relative	<input type="checkbox"/> None
Tryglicerides	<input type="checkbox"/> >250mg/dL	<input type="checkbox"/> Between 151-249 mg/dL	<input type="checkbox"/> <150 mg/dL
HDL Cholesterol	<input type="checkbox"/> <40 for men or <50 for women	<input type="checkbox"/> Between 41-59	<input type="checkbox"/> >60
LDL Cholesterol	<input type="checkbox"/> >160	<input type="checkbox"/> Between 130-159	<input type="checkbox"/> <129
Exercise	<input type="checkbox"/> Not regularly	<input type="checkbox"/> 1 or 2x per week	<input type="checkbox"/> 3x a week or more
Weight	<input type="checkbox"/> Overweight	<input type="checkbox"/> Slightly overweight	<input type="checkbox"/> Healthy weight
Waste size	<input type="checkbox"/> Women: >35" <input type="checkbox"/> Men: >40"	<input type="checkbox"/> Women: 32-34" <input type="checkbox"/> Men: 37-39"	<input type="checkbox"/> Women: <32" <input type="checkbox"/> Men: <37"
Race: African-American, Hispanic, Asian American, Pacific Islanders, American Indian	<input type="checkbox"/> Yes	<input type="checkbox"/> Uncertain	<input type="checkbox"/> No
Gestational Diabetes (during pregnancy)	<input type="checkbox"/> Yes	<input type="checkbox"/> Unsure	<input type="checkbox"/> No
TOTAL SCORE	<input type="checkbox"/> High Risk	<input type="checkbox"/> Caution Risk	<input type="checkbox"/> Low Risk

Scorecard Results

- HIGH RISK:** =3 or more – Talk to your doctor right away about being screened for diabetes and how you can lower your risk
- CAUTION:** =4-6 – Find out ways to reduce your risk of diabetes
- LOW RISK:** =7-11 – You are doing well at keeping a low risk of diabetes

*Source: American Diabetes Association

Don't Wait!

Adena Health System
272 Hospital Road
Chillicothe, OH 45601
740-779-7500

To learn more about your risk for Type 2 Diabetes,
see your doctor or schedule a diabetes assessment with an
Adena diabetes specialist.

To find an Adena doctor,
call 1-877-779-7585 or visit www.adena.org



Health System

Here. For Life.

www.adena.org