MultiCare Health System

Center for Healthy Living/Cardiac and Diabetes Services

## **Type 2 Diabetes Risk Assessment Tool**

1)	How old are you?	
	a. Less than 35 years (0 points)	
	b. 35-39 years (1 point)	
	c. 40-49 years (2 points)	
	d. 50 years or older (3 points)	
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2)	Are you a man or a woman?	
	a. Man (1 point) Woman (0 points)	
		<u> </u>
3)	Have you ever been told you had diabetes, gestational diabetes,	
	or a problem with high blood sugar?	
	a. Yes (2 points) No (0 points)	
		L]
4)	Has anyone in your immediate family (mother, father, sister, or brother)	
- /	had or currently have diabetes?	]
	a. Yes (1 point) No (0 points)	
		<u> </u>
5)	Do you consider yourself to be of Hispanic/Latino, African,	
•)	Native American, Asian, or Pacific Islander descent?	
	a. Yes (1 point) No (0 points)	
		L]
6)	Do you smoke or use other tobacco products?	
•)	a. Yes (1 point) No (0 points)	
7)	Have you been diagnosed with high blood pressure?	
.,	a. Yes (1 point) No (0 points)	
		<u> </u>
8)	Do you walk or do moderate activity for at least 30 minutes daily,	
•)	or for a minimum of 3 hours a week?	
	a. Yes (0 points) No (1 point)	
		<u> </u>
9)	What is your current weight status? (see reverse side)	
5)		
	T-1-10	
	Total Score:	

## If you scored 7 or higher:

You are at an increased risk for developing type 2 diabetes. Only your health care provider can determine if you have type 2 diabetes. Make an appointment with your health care provider today to discuss this assessment and see if additional testing is needed. If you need a provider, call the MultiCare referral line at 1-800-342-9919 or visit multicare.org/doctors.

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