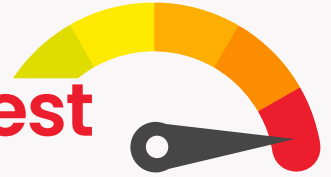


ARE YOU AT RISK FOR TYPE 2 DIABETES?

Did you know?

Over 25% of adults over 65 have diabetes.

Diabetes Risk Test



- 1 How old are you?
 Less than 40 years (0 points)
 40–49 years (1 point)
 50–59 years (2 points)
 60 years or older (3 points)
- 2 Are you a male or a female?
 Man (1 point) Woman (0 points)
- 3 If you are a woman, have you ever been diagnosed with gestational diabetes?
 Yes (1 point) No (0 points)
- 4 Do you have a mother, father, sister, or brother with diabetes?
 Yes (1 point) No (0 points)
- 5 Have you ever been diagnosed with high blood pressure?
 Yes (1 point) No (0 points)
- 6 Are you physically active?
 Yes (0 points) No (1 points)
- 7 What is your weight status?
 (see chart at right)

Write your score
in the box



Height	Weight (kg)		
4' 10"	54.9–64.5	64.8–86.1	86.6+
4' 11"	56.2–66.6	67.1–89.3	89.8+
5' 0"	58.0–68.9	69.3–92.0	92.5+
5' 1"	59.8–71.2	71.6–95.2	95.7+
5' 2"	61.6–73.9	74.3–98.4	98.8+
5' 3"	63.9–76.2	76.6–101.6	102.0+
5' 4"	65.7–78.4	78.9–104.7	105.2+
5' 5"	68.0–81.2	81.6–108.4	108.8+
5' 6"	70.3–83.9	84.3–111.5	112.0+
5' 7"	72.1–86.1	86.6–115.2	115.6+
5' 8"	74.3–88.9	89.3–118.3	118.8+
5' 9"	76.6–91.6	92.0–122.0	122.4+
5' 10"	78.9–94.3	94.8–125.6	126.0+
5' 11"	81.1–97.0	97.5–129.2	129.7+
6' 0"	83.4–99.7	100.2–132.9	133.3+
6' 1"	85.7–102.5	102.9–136.5	136.9+
6' 2"	87.9–105.2	105.6–140.6	141.0+
6' 3"	90.7–108.4	108.8–144.2	144.6+
6' 4"	92.9–111.1	111.5–148.3	148.7+
	(1 Point)	(2 Points)	(3 Points)

You weight less than the amount
in the left column
(0 points)

If you scored 5 or higher*

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Add up
your score

*This document is only for reference and does not indicate any diagnosis of any disease or its condition. The outcome indicated from this screening is an alert towards getting a proper medical consultation to identify any real health issue that may be a threat now or in the future! This is an act of health awareness!

LOWER YOUR RISK

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.



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