

ARE YOU AT RISK FOR TYPE 2 DIABETES?

A 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)

WRITE YOUR SCORE IN
THE BOX



2. ARE YOU A MAN OR WOMAN?

- 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 BP?

- Yes (1 point)
- No (0 points)

6. ARE YOU PHYSICALLY ACTIVE?

- Yes (0 point)
- No (1 points)

7. WHAT IS YOUR WEIGHT STATUS? (SEE CHART)

See chart for points.

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)			



WANT TO LOWER YOUR RISK ?

Work with me and I will be
your metabolic health guide.

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IF YOU SCORE 5 OR HIGHER, YOU ARE AT INCREASED RISK
OF T2D. TALK TO YOUR DOCTOR FOR ADDITIONAL TESTING
AND REACH OUT FOR METABOLIC HEALTH SUPPORT TO
REDUCE THIS RISK.



DIABETES EDUCATION

BECAUSE RISK FACTORS DON'T HAVE TO CONTROL YOUR HEALTH.



RISKS OF DIABETES

Diabetes is a chronic condition that affects how your body processes blood sugar (glucose), your body's main source of energy. In Type 2 diabetes, the body either doesn't produce enough insulin or becomes resistant to it, leading to elevated blood sugar levels over time.

When unmanaged, high blood sugar can damage your blood vessels, nerves, and organs, impacting your heart, kidneys, vision, and more. Reducing your risk helps protect your long-term health, energy levels, and overall quality of life.

SIMPLE TIPS TO START REDUCING YOUR RISK

✓ Add More Fiber:

Incorporate fiber-rich foods like vegetables, beans, lentils, chia seeds, flaxseeds, oats, and whole grains. Fiber slows the absorption of sugar, helping stabilize blood glucose levels.

✓ Balance Your Plate:

Include a source of protein, healthy fat, and fiber at each meal to minimize blood sugar spikes.

✓ Move Your Body Daily:

Regular movement (even a 10-minute walk after meals) can improve insulin sensitivity and help manage blood sugar.

✓ Reduce Added Sugars:

Limit sweetened drinks, desserts, and processed snacks that can cause rapid spikes in blood glucose.

✓ Stay Hydrated:

Drinking enough water supports metabolism and helps your body regulate blood sugar.

✓ Prioritize Sleep and Stress Management:

Poor sleep and high stress can worsen insulin resistance and increase cravings.

RISK FACTORS FOR DIABETES

- Family history of diabetes
- Being overweight or obese
- Carrying excess fat around the abdomen
- Sedentary lifestyle
- High blood pressure
- Elevated cholesterol or triglycerides
- Polycystic ovary syndrome (PCOS)
- History of gestational diabetes
- Age 45 and older

TESTING FOR DIABETES

Ask your healthcare provider to run the following labs:

- Hemoglobin A1C – Reflects average blood sugar over 2–3 months.
 - *Normal: below 5.7%
 - Prediabetes: 5.7–6.4%
 - Diabetes: 6.5% or higher*
- Fasting Blood Glucose – Measures your blood sugar after fasting for 8+ hours.
 - *Normal: below 100 mg/dL
 - Prediabetes: 100–125 mg/dL
 - Diabetes: 126 mg/dL or higher*
- Oral Glucose Tolerance Test (OGTT) – Evaluates how your body handles sugar after drinking a glucose-rich beverage.

**WORK WITH ME FOR
ADVANCED 1:1 SUPPORT**

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