D2d

Vitamin D and type 2 diabetes

Diabetes Prevention Research Matters

DIABETES RISK TEST

Write your points in the box.

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 man or a 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 blood pressure?

Yes (1 point) - No (0 points)

6 Are you physically active?

Yes (0 points) - No (1 point)

7 What is your weight status?

(… chart at right)

HEIGHT	WEIGHT (lbs)		
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)

Add up your score

If you scored 5 or higher:

You are at high risk for diabetes and you may qualify for D2d.

❑ By checking the box, I agree to be contacted to see if I may be eligible to participate.

CONTACT INFORMATION

Salutation: ❑ Dr. ❑ Mr. ❑ Mrs. ❑ Ms. ❑ None

First Name Last Name

Street Address

City State Zip

Email Home Phone - Preferred ❑

Work Phone - Preferred ❑ Cell Phone - Preferred ❑