

Pre-Diabetes Screening Questionnaire

	Points	Your Points																																								
Does or did your mother have diabetes?	Yes = 13 No = 0																																									
Does or did your father have diabetes?	Yes = 8 No = 0																																									
Have you ever been diagnosed with hypertension (high blood pressure)?	Yes = 11 No = 0																																									
Do you consider your race to be black?	Yes = 6 No = 0																																									
Are you 55 to 64 years old?	Yes = 5 No = 0																																									
Are you or have you ever been a smoker?	Yes = 4 No = 0																																									
<p>What is your waist circumference? Please measure your waist in inches or refer to your pant size. <u>For men</u>, pant size = waist size. <u>For woman</u>, see table on the right to convert pant size to waist size.</p> <p>*Check to make sure you are looking under the appropriate column, as the ranges and points do differ.</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <caption>Woman's Pants</caption> <thead> <tr> <th>Size</th> <th>Numeric</th> <th>Waist</th> </tr> </thead> <tbody> <tr> <td>XS - S - M</td> <td>0-10</td> <td>Less than 31"</td> </tr> <tr> <td rowspan="2">L</td> <td>12</td> <td>30.5" - 31.5"</td> </tr> <tr> <td>14</td> <td>32" - 33"</td> </tr> <tr> <td rowspan="2">XL</td> <td>16</td> <td>33.5" - 34.5"</td> </tr> <tr> <td>18</td> <td>35" - 36"</td> </tr> <tr> <td>XXL</td> <td>20</td> <td>36.5" - 37.5"</td> </tr> <tr> <td>XXXL</td> <td>22</td> <td>38" - 39"</td> </tr> </tbody> </table>	Size	Numeric	Waist	XS - S - M	0-10	Less than 31"	L	12	30.5" - 31.5"	14	32" - 33"	XL	16	33.5" - 34.5"	18	35" - 36"	XXL	20	36.5" - 37.5"	XXXL	22	38" - 39"	<table border="1"> <thead> <tr> <th>If a Man</th> <th>If a Woman</th> <th>0</th> </tr> </thead> <tbody> <tr> <td>Smaller than 35 inches = 0</td> <td>Smaller than 32 inches = 0</td> <td></td> </tr> <tr> <td>35 - 36 inches = 10</td> <td>32 - 34 inches = 10</td> <td></td> </tr> <tr> <td>37 - 38 inches = 20</td> <td>35 - 37 inches = 20</td> <td></td> </tr> <tr> <td>39 - 41 inches = 26</td> <td>38 - 40 inches = 26</td> <td></td> </tr> <tr> <td>42 + inches = 35</td> <td>41+ inches = 35</td> <td></td> </tr> </tbody> </table>	If a Man	If a Woman	0	Smaller than 35 inches = 0	Smaller than 32 inches = 0		35 - 36 inches = 10	32 - 34 inches = 10		37 - 38 inches = 20	35 - 37 inches = 20		39 - 41 inches = 26	38 - 40 inches = 26		42 + inches = 35	41+ inches = 35		
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<p>How tall are you? Measurements are given in feet followed by inches.</p> <p>*Check to make sure you are looking under the appropriate column, as the ranges and points do differ.</p>	<table border="1"> <thead> <tr> <th>If a Man</th> <th>If a Woman</th> <th>0</th> </tr> </thead> <tbody> <tr> <td>Shorter than 5'7" = 8</td> <td>Shorter than 5'1" = 8</td> <td></td> </tr> <tr> <td>5'7" - 5'8" = 6</td> <td>5'1" - 5'2" = 6</td> <td></td> </tr> <tr> <td>5'9" - 5'9" = 3</td> <td>5'3" - 5'4" = 3</td> <td></td> </tr> <tr> <td>Taller than 5'9" = 0</td> <td>Taller than 5'4" = 0</td> <td></td> </tr> </tbody> </table>	If a Man	If a Woman	0	Shorter than 5'7" = 8	Shorter than 5'1" = 8		5'7" - 5'8" = 6	5'1" - 5'2" = 6		5'9" - 5'9" = 3	5'3" - 5'4" = 3		Taller than 5'9" = 0	Taller than 5'4" = 0																											
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<p>What is an approximate measure of your resting pulse in beats/min? All you need to check your pulse is a watch with a second hand or a digital stop watch. You can easily check your pulse on the inside of your wrist, below your thumb.</p> <ol style="list-style-type: none"> Gently place 2 fingers of your other hand on this artery. *Do not use your thumb because it has its own pulse that you may feel. Count the beats for 30 seconds; then double the result to get the number of beats per minute. *Check to make sure you are looking under the appropriate column, as the ranges and points do differ. 	<table border="1"> <thead> <tr> <th>If a Man</th> <th>If a Woman</th> <th>0</th> </tr> </thead> <tbody> <tr> <td>Less than 68 beats/min = 0</td> <td>Less than 70 beats/min = 0</td> <td></td> </tr> <tr> <td>68 + beats/min = 5</td> <td>70 + beats/min = 5</td> <td></td> </tr> </tbody> </table>	If a Man	If a Woman	0	Less than 68 beats/min = 0	Less than 70 beats/min = 0		68 + beats/min = 5	70 + beats/min = 5																																	
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