

Pre-diabetes Risk Test

Write your score in the box below	
<p>1. How old are you? Younger than 40 years (0 points) 40-49 years (1 point) 50-59 years (2 points) 60 years or older (3 points)</p>	<input type="text"/>
<p>2. Are you male or female? Male (1 point) Female (0 points)</p>	<input type="text"/>
<p>3. If female, have you ever had gestational diabetes? Yes (1 point) No (0 points)</p>	<input type="text"/>
<p>4. Did (or do) any of your parents, brothers or sisters have diabetes? Yes (1 point) No (0 points)</p>	<input type="text"/>
<p>5. Have you ever been diagnosed with high blood pressure? Yes (1 point) No (0 points)</p>	<input type="text"/>
<p>6. Do you exercise regularly? Yes (0 point) No (1 points)</p>	<input type="text"/>
<p>7. Measure your waist in centimetres and divide this figure by your height in centimetres. Calculate your risk score as follows: Example 80cm (waist) ÷ 160 cm (height) = 0.5 Between 0.4 and 0.5 (0 points) Between 0.5 and 0.55 (1 point) Between 0.55 and 0.59 (2 points) More than 0.6 (3 points)</p>	<input type="text"/>
Total score	<input type="text"/>

If you scored 5 or higher then you may be at increased risk for prediabetes and thus at risk of developing Type 2 diabetes. You are advised to see your doctor or another suitably qualified healthcare provider to be properly assessed.

Find out how you can reverse prediabetes and reduce your risk of developing Type 2 diabetes by joining the Caleb Healthy Living lifestyle change programme which is available at <https://www.caleb.co.za>

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