糖尿病前期

风险评估

1. 你多大年龄？
   - 小于40岁 (0分)
   - 40-49岁 (1分)
   - 50-59岁 (2分)
   - 60岁或以上 (3分)

2. 你的性别？
   - 男 (1分)
   - 女 (0分)

3. 如果你是女性，是否有妊娠糖尿病史？
   - 有 (1分)
   - 无 (0分)

4. 你的父母或兄弟姐妹中是否有糖尿病患者？
   - 有 (1分)
   - 无 (0分)

5. 你是否被确诊高血压？
   - 有 (1分)
   - 无 (0分)

6. 你经常活动或锻炼吗？
   - 有 (1分)
   - 无 (0分)

7. 你的体重分数是多少（见右边表格，先找到身高，再找自己体重范围）

(See chart at right)

将自己的评分填入方框

<table>
<thead>
<tr>
<th>身高</th>
<th>体重 (磅)</th>
<th>1分</th>
<th>2分</th>
<th>3分</th>
</tr>
</thead>
<tbody>
<tr>
<td>4'10&quot;</td>
<td>119-142</td>
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<tr>
<td>4'11&quot;</td>
<td>124-147</td>
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<tr>
<td>5'0&quot;</td>
<td>128-152</td>
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<td>5'1&quot;</td>
<td>132-157</td>
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<tr>
<td>5'2&quot;</td>
<td>136-163</td>
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<td>5'3&quot;</td>
<td>141-168</td>
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<tr>
<td>5'4&quot;</td>
<td>145-173</td>
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<td>5'5&quot;</td>
<td>150-179</td>
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<td>5'6&quot;</td>
<td>155-185</td>
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<td>5'7&quot;</td>
<td>159-190</td>
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<tr>
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<td>164-196</td>
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<tr>
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<td>169-202</td>
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<tr>
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<td>179-214</td>
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<tr>
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<tr>
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<td>200-239</td>
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<tr>
<td>6'4&quot;</td>
<td>205-245</td>
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</table>

总分：

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent type 2 diabetes through a CDC-recognized lifestyle change program at https://www.cdc.gov/diabetes/prevention/lifestyle-program.