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While diabetes and pre-diabetes occur in people of all ages and races, some groups have a higher risk for developing the disease than others. Diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as the aged population. This means they are also at increased risk for developing pre-diabetes.
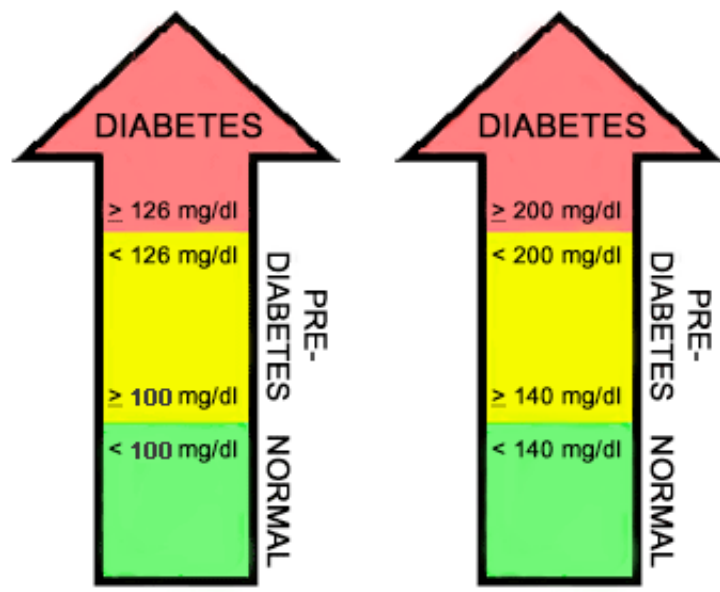
There are two different tests your doctor can use to determine whether you have pre-diabetes: the fasting plasma glucose test (FPG) or the oral glucose tolerance test (OGTT). The blood glucose levels measured after these tests determine whether you have a normal metabolism, or whether you have pre-diabetes or diabetes. If your blood glucose level is abnormal following the FPG, you have impaired fasting glucose (IFG); if your blood glucose level is abnormal following the OGTT, you have impaired glucose tolerance (IGT).

FPG   **OGTT**

The American Diabetes Association Risk Test for Diabetes can help you determine if you are at increased risk for diabetes or pre-diabetes. A high score may indicate that you have pre-diabetes or at risk for pre-diabetes. Take the test and find out for sure.

Diabetes Forecast - FREE ISSUE!

Link for Life - Reduce your risk for heart attack and stroke

Find everything you need to know about Diabetes, from A to Z

Take the Diabetes Risk Test

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