

Are You at Risk? Take this Test. Know Your Score.

Find out if you are at risk for having diabetes **now**. Write in the points next to each statement that is true for you. If a statement is not true, put a zero. Then add your total score.

1. I am a woman who has had a baby weighing more than nine pounds at birth..... No Yes (1 point if you answer yes)
2. I have a sister or brother with diabetes..... No Yes (1 point if you answer yes)
3. I have a parent with diabetes..... No Yes (5 points if you answer yes)
4. My weight is equal to or above that listed in the chart..... No Yes (5 points if you answer yes)
5. I am under 65 years of age AND I get little or no exercise..... No Yes (5 points if you answer yes)
6. I am between 45 and 65 years of age..... No Yes (5 points if you answer yes)
7. I am 65 years or older..... No Yes (9 points if you answer yes)

If You Scored 10 or More Points

You are at high risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next office visit, find out for sure.

If You Scored 3-9 Points

You are probably at low to medium risk for having diabetes now, BUT don't just forget about it. Keep your risk low by losing weight if you are overweight, being active most days, and eating low fat meals that are high in fruits and vegetables and whole grain foods.

*At Risk Weight Chart

(Feet/inches without shoes/Pounds without clothing)

Height	Weight
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221

**If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes. Consult your health care professional for more details.*