

# Could you be at Risk for Diabetes?



Take The Test. Know Your Score.  
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Information and Risk Test provided by the American Diabetes Association



# Could You Have Diabetes?

Diabetes is a silent disease. You can have it for years and not know it. During this time, harm to your eyes, nerves, and kidneys may have been going on for seven to ten years.



# Who's at Risk for Diabetes?

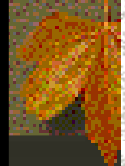
Your risk for diabetes goes up as you get older, gain too much weight, or if you do not stay active. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders.



# Don't Wait for Signs

Most people with diabetes do not notice any symptoms. However, if you do have any of these symptoms, contact your health care provider right away:

- Being very thirsty
- Urinating often
- Losing weight without trying



# Are You at Risk? Take This Test. Know Your Score.

Find out if you are at risk for having diabetes by taking the test on the following slide. Add up the points next to each statement that is true for you. If a statement is not true, don't count it. Then add your total score.



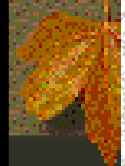
- If you are a woman who has had a baby weighing more than nine pounds at birth. . . . .Add 1 point
- If you have a sibling with diabetes. .. Add 1 point
- If you have a parent with diabetes. . .Add 1 point
- If your weight is equal to or above that listed in the chart on the next slide. . . . . Add 5 points
- If you are under 65 years old and get little or no exercise. . . . .Add 5 points
- If you are between 45 and 64 years old. . . . .  
. Add 5 points
- If you are 65 years old or older. . . . . Add 9 points

TOTAL your points

# At Risk Weight Chart

Height	Weight
4'11"	129
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172

Height	Weight
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



You are at high risk for having diabetes.  
Your health care provider can check you to  
see. Visit yours soon and find out for sure.





## If You Scored 3 – 9 Points

You are probably at low risk for having diabetes now. But don't just forget about it. Keep your risk low by making some positive changes in your lifestyle.



# What Can You Do?

You can lower your risk for diabetes by:

- Keeping your weight in control
- Staying active most days of the week
- Eating low fat meals that are high in fruits, vegetables, and whole grain foods