

Could You Be at Risk for Diabetes?

Take The Test!

	<u>Points</u>	
	<u>Yes</u>	<u>No</u>
I have a parent with diabetes	1	0
I have a sister or brother with diabetes	1	0
I had a baby weighing more than 9 pounds at birth (woman)	1	0
I am overweight according to the chart below	5	0
I am under 65 years of age, <u>and</u> I get little or no exercise	5	0
I am between 45 and 64 years of age	5	0
I am 65 years old or older	9	0
<u>TOTAL POINTS</u>		

If you Scored 10 or more points –

You are at high risk for having diabetes. Only your health care provider can tell you if you have diabetes. ***See your health care provider soon and find out for sure – then follow their guidance.***

If you Scored 3 to 9 points –

You are probably at low risk for having diabetes now. ***Keep your risk low by eating healthy foods, in the right portion sizes, and being physically active most days.***

At-Risk Weight Chart

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