

DIABETES RISK TEST

Write your score in the box.

| | | |
|----------|--|--|
| 1 | How old are you? Less than 40 years (0 points) 40 - 49 years (1 point) 50 - 59 years (2 points) 60 years or older (3) | |
| 2 | Are you a man or a woman? Man (1 point) Woman (0 points) | |
| 3 | If you are a woman, have you ever been diagnosed with gestational diabetes? Yes (1 point) No (0 points) | |
| 4 | Do you have a mother, father, sister, or brother with diabetes? Yes (1 point) No (0 points) | |
| 5 | Have you ever been diagnosed with high blood pressure? Yes (1 point) No (0 points) | |
| 6 | Are you physically active? Yes (0 points) No (1 point) | |
| 7 | What is your weight status? (see chart on back) | |

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Add up your score →

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If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or Prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/ Latinos, American Indians, and Asian Americans and Pacific Islanders. Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit diabetes.org or call **1-800-DIABETES** (800-342-2383) for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.

| Height | Weight (lbs.) | | |
|--------|----------------|-----------------|-----------------|
| 4'10" | 119-142 | 143-190 | 191+ |
| 4'11" | 124-147 | 148-197 | 198+ |
| 5'0" | 128-152 | 153-203 | 204+ |
| 5'1" | 132-157 | 158-210 | 211+ |
| 5'2" | 136—163 | 164-217 | 218+ |
| 5'3" | 141-168 | 169-224 | 225+ |
| 5'4" | 145-173 | 174-231 | 232+ |
| 5'5" | 150-179 | 180-239 | 240+ |
| 5'6" | 155-185 | 186-246 | 247+ |
| 5'7" | 159-190 | 191-254 | 255+ |
| 5'8" | 164-196 | 197-261 | 262+ |
| 5'9" | 169-202 | 203-269 | 270+ |
| 5'10" | 174-208 | 209-277 | 278+ |
| 5'11" | 179-214 | 215-285 | 286+ |
| 6'0" | 184-220 | 221-293 | 294+ |
| 6'1" | 189-226 | 227-301 | 302+ |
| 6'2" | 194-232 | 233-310 | 311+ |
| 6'3" | 200-239 | 240-318 | 319+ |
| 6'4" | 205-245 | 246-327 | 328+ |
| | 1 Point | 2 Points | 3 Points |

You weigh less than the amount in the left column - 0 Points

November is Diabetes Awareness Month

Are You at Risk?

Calculate Your Chances for Type 2 or Pre-Diabetes

If someone you know has diabetes - particularly a family member - you're probably wondering whether you could develop it too. The American Diabetes Association has revised its Diabetes Risk Test according to a new, more accurate statistical model. The updated test includes some new risk factors, and projects risk for pre-diabetes as well as diabetes. You can take the test on the back or at diabetes.org/risk-test.jsp. Then talk to your doctor if the results suggest you have or may develop diabetes. If you have other questions, please contact: Pat Trymbiski, DNP, CDE, BC-ADM, **215-345-2172**.

