

Diabetes Risk Test

	<u>Yes</u>	<u>No</u>
1. My weight is equal to or above that listed in the <u>chart</u> ?	5 pts	0 pts
2. I am under 65 years of age and I get little or no exercise?	5 pts	0 pts
3. I am between 45 and 64 years of age?	5 pts	0 pts
4. I am 65 years old or older?	9 pts	0 pts
5. I am a woman who has had a baby weighing more than nine pounds at birth?	1 pts	0 pts
6. I have a sister or brother with diabetes?	1 pts	0 pts
7. I have a parent with diabetes?	1 pts	0 pts

Total Points: _____

Scoring 10 or more points: You are at high risk for having diabetes. Only your health care provider can determine if you have diabetes. See your health care provider soon and find out for sure.

At-Risk Weight Chart

Height in feet and inches without shoes	Weight in pounds without clothing
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

Scoring 3-9 points:

- Probably at **low risk** for diabetes now.
- But don't just forget about it—especially if You are Hispanic/Latino, African American, American Indian or Pacific Islander. You may be at higher risk in The future.

Scoring 10 or more points:

- **High risk** for having diabetes.
- Only your health care provider can Determine if you have diabetes. See your health care provider soon and Find out for sure.

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes.

From: American Diabetes Association, 2002.