



Diabetes — Are You At Risk?



Nearly 21 million Americans have diabetes and more than 6 million of them don't know it.

African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders need to be particularly attentive, as diabetes is more common among these groups.

To find out if you are at risk, take this test. Write in the points next to each statement that is true for you.

If a statement is not true, write a zero. Then add all the points to get your total score.

1. My weight is equal to or above that listed in the chart at right.

_____ Yes (5 pts) _____ No (0 pts)

2. I am under 65 years of age and I get little or no exercise during a usual day.

_____ Yes (5 pts) _____ No (0 pts)

3. I am between 45 and 64 years of age.

_____ Yes (5 pts) _____ No (0 pts)

4. I am 65 years old or older.

_____ Yes (9 pts) _____ No (0 pts)

5. I am a woman who has had a baby weighing more than nine pounds at birth.

_____ Yes (1 pt) _____ No (0 pts)

6. I have a sister or brother with diabetes.

_____ Yes (1 pt) _____ No (0 pts)

7. I have a parent with diabetes.

_____ Yes (1 pt) _____ No (0 pts)

TOTAL POINTS: _____

SCORING 3-9 POINTS: You are probably at low risk for having diabetes now. But don't just forget about it — especially if you are Hispanic/Latino, African American, American Indian, Asian American, or Pacific Islander. You may be at higher risk in the future.

SCORING 10 OR MORE POINTS: You are at greater risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next office visit, find out for sure.

At-Risk Weight Chart Body Mass Index

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

MERCY