

Are You At Risk for Developing Diabetes?

	Yes	No
1. I am a woman who has had a baby weighing more than nine pounds at birth.	1 pts	0 pts
2. I have a sister or brother with diabetes.	1 pts	0 pts
3. I have a parent with diabetes	1 pts	0 pts
4. Find your height on the chart listed on the back of this page. Is your weight equal to or above that listed for your height?	5 pts	0 pts
5. I am under 65 years of age <u>and</u> I get little or no exercise during a usual day.	5 pts	0 pts
6. I am between 45 and 64 years of age.	5 pts	0 pts
7. I am 65 years old or older	9 pts	0 pts
Total Points		

Scoring 0-3 points:

You are at low risk of having diabetes right now. To keep your risk low, strive for 30 minutes of activity most days of the week and maintain a healthy weight.

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. To keep your risk low:

- lose weight, if overweight
- be active most days of the week
- don't use tobacco products
- eat more fruits, vegetables and whole grain foods
- if you have high blood pressure or high cholesterol, talk with your doctor about your risk for diabetes

Scoring 10 or more points:

You are at high risk for developing diabetes. Bring this form to your health care provider soon. Only your health care provider can determine if you have diabetes. If you do not have insurance, contact your local health department about where you can get tested.

At-Risk Weight Chart (Body Mass Index)

Height (no shoes)	Weight (no clothes)	Height (no shoes)	Weight (no clothes)
4'10"	129 lbs	5' 8"	177 lbs
4'11"	133 lbs	5' 9"	182 lbs
5' 0"	138 lbs	5'10"	188 lbs
5' 1"	143 lbs	5'11"	193 lbs
5' 2"	147 lbs	6' 0"	199 lbs
5' 3"	152 lbs	6' 1"	204 lbs
5' 4"	157 lbs	6' 2"	210 lbs
5' 5"	162 lbs	6' 3"	216 lbs
5' 6"	167 lbs	6' 4"	221 lbs
5' 7"	172 lbs	6' 5"	227 lbs

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

Diabetes Facts You Should Know:

Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure, and amputations. Some people with diabetes exhibit symptoms, but many do not. If you have any of the following symptoms, contact your doctor:

- Extreme thirst
- Frequent urination (especially at night)
- Unexplained weight loss

The information contained in this handout is not a substitute for medical advice or treatment. The U.P. Diabetes Outreach Network (UPDON) recommends consultation with your doctor or health care professional.

U.P. Diabetes Outreach Network
*Strengthening Diabetes Care & Prevention
in Upper Michigan since 1985*
(906) 228-9203
www.diabetesinmichigan.org

