



DIABETES, YOU COULD BE AT RISK

TAKE THE TEST — KNOW YOUR SCORE

Diabetes means your blood sugar (glucose) is too high. How would you know? Are you often thirsty, hungry, or tired? Do you urinate often? Do you have sores that heal slowly, tingling in your feet, or blurry eyesight? Even without these signs, you could still have diabetes.

Diabetes is a serious disease. It can cause heart attack or stroke, blindness, kidney failure, or loss of feet or legs. But diabetes can be controlled. You can reduce or avoid these health problems. Take the first step. Find out if you are at high risk.

Know your risk of having diabetes now. Answer these quick questions. For each "YES" answer, add the number of points listed. All "NO" answers are 0 points*.

Question	Yes	No
I am a woman who has had a baby weighing over 9 pounds at birth?	1	0
I have a sister or brother with diabetes?	1	0
I have a parent with diabetes?	1	0
<i>Find your height on the chart (below).</i> My weight is equal to or above the weight listed for my height?	5	0
I am under 65 years old <u>and</u> get little or no exercise in a typical day?	5	0
I am between 45 and 64 years old?	5	0
I am 65 years old or older?	9	0
Add Your Score		

*These questions are from the American Diabetes Association's "Diabetes Risk Test."

At Risk Weight Chart

height	weight (lbs)	height	weight (lbs)
4'10.....	129	5'8.....	177
4'11.....	133	5'9.....	182
5'0.....	138	5'10.....	188
5'1.....	143	5'11.....	193
5'2.....	147	6'0.....	199
5'3.....	152	6'1.....	204
5'4.....	157	6'2.....	210
5'5.....	162	6'3.....	216
5'6.....	167	6'4.....	221
5'7.....	172	6'5.....	227

Know Your Score

If you scored . . .	then your risk is . . .
10 or more points	High risk for having diabetes now. Please bring this form to your health care provider soon. If you don't have insurance and can't afford a visit to your provider, contact your local health department. ♦
3 to 9 points	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. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for diabetes.
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 healthy eating habits and a healthy weight.

♦or ask your local healthcare facility about available options or programs that may be able to help.

My Score is 10 or More . . . How Can I Get Tested for Diabetes

If you have . . .	then do this . . .
Individual or group private health insurance	See your health care provider. If you don't have a provider, ask your insurance company about providers who take your insurance.* Deductibles and co-pays will apply.
Medicaid	See your health care provider. If you don't have a provider, contact a state Medicaid office or contact your local health department.*
Medicare	See your health care provider. Medicare will pay the cost if the provider has a reason for testing. If you don't have a provider, contact your local health department.*
No Insurance	Contact your local health department for more information about where you could be tested, or call your local health clinic/healthcare facility.♦

* or ask your local healthcare facility about physician availability.
♦ or ask your local healthcare facility about available options or programs that may be able to help.

The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations. For information on preventing and controlling diabetes, call: 1-888-693-NDEP(6337); TTY: 1-866-569-1162 or visit www.YourDiabetesInfo.org.

