

AM I AT RISK FOR TYPE 2 DIABETES?

DIRECTIONS: ANSWER THESE QUICK QUESTIONS. FOR EACH “YES” ANSWER, ADD THE NUMBER OF POINTS LISTED. ALL “NO” ANSWERS ARE 0 POINTS.

Question	Yes	No
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a sister or brother with diabetes?	1	0
Do you have a parent with diabetes?	1	0
Find your height on the chart. Do you weigh as much as or more than the weight listed for your height? (See chart below)	5	0
Are you younger than 65 years old and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years old?	5	0
Are you 65 years old or older?	9	0
Add your score		

Adapted from the American Diabetes Association’s online “Diabetes Risk Test” (<http://www.diabetes.org/info/risk/risktest.jsp>).

AT RISK WEIGHT CHART

Height	Weight	Height	Weight
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		

KNOW YOUR SCORE

What does my score mean?

If you score...	then your risk is...
10 or more points	High for having diabetes now. Please bring this form to your healthcare 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 low for having diabetes now. 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.

I SCORED 10 OR MORE

How Can I Get Tested for Diabetes?

If you have...	then...
Individual or group private health insurance	See your healthcare 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 healthcare provider. If you don't have a provider, contact a state Medicaid office or contact your local health department.
Medicare	See your healthcare 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.