



## Assess Your Risk for Diabetes

Diabetes is a serious disease. It is especially dangerous because a person can have diabetes for years without knowing it. Some of the symptoms of diabetes are:

- Excessive thirst.
- Frequent urination.
- Unexplained weight loss.
- Blurry vision.

Diabetes can strike anyone. These groups are at especially high risk:

- People who are overweight.
- People with high blood pressure (at or above 130/85).
- People in certain ethnic groups: African Americans, Latinos, Native Americans, Asian Americans, Pacific Islanders.
- People with a family history of diabetes.
- Women who have experienced gestational diabetes or who have had a baby weighing over nine pounds at birth.
- People who do little or no exercise.
- Older people.

To find out whether you are at risk for diabetes, complete [this brief health test](#) [**LINK TO NEW PAGE CONTAINING INFORMATION BELOW**]. If you score 10 points or more on the test, you may want to discuss your risk factors with your primary care physician. Only your doctor can tell for sure whether you have diabetes.

You can lower your risk for diabetes by:

- Keeping your weight under control.
- Getting regular exercise.
- Eating low-fat meals that include fruit, vegetables and whole grain foods.

For more information about diabetes, visit the American Diabetes Association's website [www.diabetes.org](http://www.diabetes.org).

Source: American Diabetes Association, Inc.

## DIABETES RISK QUIZ PAGE:

### Are you at risk for diabetes?

Add up the points next to each statement below that is true for you. If a statement is not true, do not add any points.

- I am a woman who has had a baby weighing more than nine pounds at birth **(1 point)**.
- I have a sister or brother with diabetes **(1 point)**.
- I have a parent with diabetes **(1 point)**.
- My weight is equal to or above the weight shown next to my height on the chart below\* **(5 points)**.
- I am less than age 65 **and** I get little or no exercise **(5 points)**.
- I am between ages 45 and 64 **(5 points)**.
- I am age 65 or above **(5 points)**.

**If your score is 10 points or higher, you are at high risk for diabetes.** You should discuss your risk factors with your primary care physician soon.

**If you score between three and nine points,** you are probably at low risk for diabetes now. Here are some ways you can help keep your risk low:

- Keeping your weight under control.
- Getting regular exercise.
- Eating low-fat meals that include fruit, vegetables and whole grain foods.

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