

Diabetes Risk Test

More than 6 million people have diabetes and don't know it!

Take this test to see if you are at risk...

Write in the point value next to each statement that applies to you.
Then add your total score.

	Yes	No
I have given birth to a baby weighing more than nine pounds	1 pts <input type="text"/>	0 pts <input type="text"/>
My sister or brother has diabetes	1 pts <input type="text"/>	0 pts <input type="text"/>
I have a parent with diabetes	1 pts <input type="text"/>	0 pts <input type="text"/>
My weight is equal to or above that listed in the chart on the right	5 pts <input type="text"/>	0 pts <input type="text"/>
I am under 65 years of age and I get little or no exercise	5 pts <input type="text"/>	0 pts <input type="text"/>
I am between 45 and 64 years of age	5 pts <input type="text"/>	0 pts <input type="text"/>
I am 65 years old or older	9 pts <input type="text"/>	0 pts <input type="text"/>
TOTAL	<input type="text"/>	<input type="text"/>

GREATER RISK for diabetes: 10 or more points. Only your healthcare provider can tell you if you have diabetes. Schedule an appointment with your doctor and find out for sure.

LOW RISK for diabetes: 3-9 points. But don't just forget about diabetes. Keep your risk low!

You may also be at higher risk if you are African-American, Hispanic-American, Native-American, Asian-American, or Pacific Islander.

Please talk to your doctor if you have any questions about diabetes.

Please Note: This test is not a substitute for medical advice or treatment. Talk with your doctor or healthcare professional about your risk for diabetes.

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At-Risk Weight Chart

without shoes, without clothing

Height (feet-inches)	Weight (pounds)
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 as or more than the amount listed for your height, you may be at risk for diabetes.