DIABETES SELF-TEST **Are you at risk?**

If a statement is true for you, write beside the box. If a statement is not true, write in a zero. Then total your score.

1. My weight is more than a few pounds over that listed in the chart ☐ (5)

2. I am under 65 years of age and I get little or no exercise during a usual day ☐ (5)

3. I am between 45 and 65 years of age. ☐ (5)

4. I am 65 years old or older. ☐ (9)

5. I am a woman who has had a baby weighing more than nine pounds at birth. ☐ (1)

6. I have sister or brother with diabetes. ☐ (1)

7. I have a parent with diabetes ☐ (1)

YOUR TOTAL SCORE ☐

3 to 9 points: You are probably at low risk for having diabetes now. But don't just forget about it –especially if you are Hispanic, African American, Native American or Asian American. You may be at risk in the future.

10 or more points: You are at high risk for having diabetes. A doctor can order a simple blood test to find out for sure.
(American Diabetes Association)

When to be tested

Healthy adults 45 and older should be tested for diabetes every 3 years. If you're at risk, you should be screened at an earlier age and more frequently. While a quick "finger-stick blood test" can be used to screen for the disease, for a sure diagnosis, you'll need to have your blood drawn after an overnight fast.

FOR MEN & WOMEN Weight guidelines

Body mass index (BMI) is considered the "gold standard" for determining a healthy weight ranges for a "healthy BMI."

Healthy Weights (a BMI of 19 to 24)

Height	Weight
5'1"	100 – 127
5'2"	104 - 131
5'3"	107 – 135
5'4"	110 – 140

5’5”	**114 – 144**
5’6”	**118 – 148**
5’7”	**121 – 153**
5’8”	**125 – 158**
5’9”	**128 – 162**
5’10”	**132 – 167**
5’11”	**136 – 172**
6’	**140 – 177**
6’1”	**144 – 182**
6’2”	**148 – 186**

The American Diabetes Association says “Diabetes is the sixth leading cause of death by disease in the U.S.