



Find out if you are at risk for having diabetes **NOW**. Write in the points next to each statement that is true for you. If a statement is not **true**, put a zero. Then add your total score.

- I am a woman who has had a baby weighing more than nine pounds at birth Yes 1 _____
 - I have a sister or brother with diabetes..... Yes 1 _____
 - I have a parent with diabetes..... Yes 1 _____
 - My weight is equal to or above that listed in the chart..... Yes 5 _____
 - I am under 65 years of age and I get little or no exercise..... Yes 5 _____
 - I am between 45 and 64 years of age..... Yes 5 _____
 - I am 65 years old or older..... Yes 9 _____
- Total** _____

At-Risk Weight Chart	
*Body Mass Index	
Height	Weight
Feet and inches without shoes	In pounds without clothing
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 scored 10 or more points

You are at high risk for having diabetes. Only your health care provider can check to see if you have diabetes. See yours soon and find out for sure.

If you scored 3-9 points

You are probably at low risk for having diabetes now. But don't just forget about it. Keep your risk low by losing weight if you are overweight, being active most days, and eating low fat meals that are high in fruits and vegetables, and whole grain foods.

