

Could You Have Diabetes and Not Know It?



Take the Test. Know the Score.

Sixteen million Americans have diabetes – and one-third of them doesn't even know it! Take this test to see if you are at risk for having diabetes. Diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders. If you are a member of one of these ethnic groups, you need to pay special attention to this test.

To find out if you are at risk, write in the points next to each statement that is *true* for you. If a statement is *not true*, put a zero. Add your total score.

- | | | | |
|---|-----|---|-------|
| 1. My weight is equal to or above that listed in the chart. | Yes | 5 | _____ |
| 2. I am under 65 years of age <u>and</u> I get little or no exercise. | Yes | 5 | _____ |
| 3. I am between 45 and 64 years of age. | Yes | 5 | _____ |
| 4. I am 65 years old or older. | Yes | 9 | _____ |
| 5. I am a woman who has had a baby weighing more than nine pounds at birth. | Yes | 1 | _____ |
| 6. I have a sister or a brother with diabetes. | Yes | 1 | _____ |
| 7. I have a parent with diabetes. | Yes | 1 | _____ |

TOTAL

Scoring 3-9 points

You are probably at low risk for having diabetes now. But don't just forget about it—especially if you are Hispanic/Latino, African American, American Indian, Asian American, or Pacific Islander. You may be at higher risk in the future. **New guidelines recommend everyone age 45 and over consider being tested for the disease every three years. However, people at high risk should consider being tested at a younger age.**

Scoring 10 or more points

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

At-Risk Weight Chart

Height	Weight
feet/inches without shoes	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 weigh the same or more than the amount listed for your height, you may be at risk for diabetes. This chart is based on a measure called the Body Mass Index (BMI). The chart shows unhealthy weights for men and women age 35 or older at the listed heights. At-risk weights are lower for individuals under age 35.

Diabetes Facts You Should Know

Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure, and amputations. It kills more than 193,000 people each year.

Some people with diabetes have symptoms. If you have any of the following symptoms, contact your doctor:

extreme thirst • frequent urination • unexplained weight loss

more information on diabetes, call the American Diabetes Association at **1-800-DIABETES (1-800-342-2383)**.