



# Diabetes Prevention

**Take this test. Find out if you are at risk for getting diabetes.**

Read each statement. If the statement is true for you, circle the point. Add up your points.

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- |   | <b><u>YES</u></b> |
|---|-------------------|
| 1. I am overweight.   | <b>5</b>          |
| 2. I am between 45 and 64 years of age.   | <b>5</b>          |
| 3. I am a woman who had a baby that weighed more than nine pounds at birth.                 | <b>1</b>          |
| 4. I have someone in my immediate family with diabetes, like mother or brother for example. | <b>2</b>          |
| 5. I had diabetes when I was pregnant.  | <b>5</b>          |
| 6. I am under 65 years of age and I get little or no exercise.                              | <b>5</b>          |
| 7. I am 65 years old or older.  | <b>9</b>          |

TOTAL \_\_\_\_\_

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**If your total is 3-9**, you are probably at low risk **now** for having type 2 diabetes. But don't just forget about it. You should ask to be tested yearly by your health care provider.

**If your total is 10 or more**, you are at **high** risk for having diabetes. Talk to your health care provider. There is a simple blood test to check for pre-diabetes or diabetes.

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