



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.

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

TOTAL _____

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.
