

Healthy Living: Are You at Risk for Diabetes?¹

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Millions of Americans have diabetes...and do NOT even know it! Take this quiz to see if you are at risk for diabetes.



**Read the statements below and write the appropriate score for each statement.
Add up your points to find out your total score.**

My Score

1. A health professional has told me that I am above a healthy weight for my height.	Yes = 5 No = 0	_____
2. I am under 65 years of age and I get little or no physical activity (like walking, biking, or gardening) during a usual day.	Yes = 5 No = 0	_____
3. I am between 45 and 64 years of age.	Yes = 5 No = 0	_____
4. I am age 65 or older.	Yes = 9 No = 0	_____
5. I had gestational diabetes or a baby weighing more than nine pounds at birth.	Yes = 1 No = 0	_____
6. I have a sister or a brother with diabetes.	Yes = 1 No = 0	_____
7. I have a parent with diabetes.	Yes = 1 No = 0	_____
MY TOTAL SCORE		_____

If you scored 3 to 9 points:

You are currently at low risk for diabetes. But don't just forget about it, especially if you are Hispanic, African American, American Indian, Asian American, or if you have a family history of diabetes. Your risk may increase in the future.

If you scored 10 or more points:

You are at high risk for diabetes. A doctor can determine if you do have diabetes. See a doctor soon and find out for sure.

1. La versión en español de este documento es *Vida Saludable: ¿Padecerá Usted de la diabetes?* (FCS8573-Span). This document FCS8573 is, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. First published: March 2000. Revised: March 2006, lcpwct{4233. Please visit the EDIS website at <http://edis.ifas.ufl.edu/>.

2. Adapted from *Could Have Diabetes and Not Know It?* (American Diabetes Association). Linda B. Bobroff, PhD, RD, LD/N, professor, Department of Family, Youth and Community Sciences, Cooperative Extension Service Institute of Food and Agricultural Sciences; University of Florida; Gainesville 32611. Leaflet design by Paulina Wittkowsky, MS, RD formerly with University of Florida.

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