Take the Test. Know Your Score.*

If a statement is true, use the score indicated. If it is not true, score zero.

I am a woman who has given birth to a baby over nine pounds.	____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 more than that listed in the At-Risk Weight Chart at right.	____Yes = 5
I am under age 65 and get little or no exercise.	____Yes = 5
I am between ages 45 and 64.	____Yes = 5
I am age 65 or older.	____Yes = 9
	____TOTAL

If you scored 10 points or more:

You are at high risk for having diabetes. Discuss this with your health care provider.

If you scored 3 - 9 points:

You are probably at low risk for having diabetes now. Keep your risk low through weight control, daily activity and low-fat meals high in fruits, vegetables and whole-grain foods.

* Test provided by the American Diabetes Association

At-Risk Weight Chart*

Men and women age 35 or older weighing the listed amounts for their height or more are at greater diabetes risk. At-risk weights are lower for individuals under age 35.

Height (ft/in without shoes)	Weight (pounds without clothing) women	Weight (pounds without clothing) men
4'9"	134	-
4'10"	137	-
4'11"	140	-
5'0"	143	-
5'1"	146	157
5'2"	150	160
5'3"	154	162
5'4"	157	165
5'5"	161	168
5'6"	164	172
5'7"	168	175
5'8"	172	179
5'9"	175	182
5'10"	178	186
5'11"	182	190
6'0"	-	194
6'1"	-	199
6'2"	-	203
6'3"	-	209

* source American Diabetes Association

To access the care and education, ask your primary care physician for a referral.
Evening appointments are available.

413-748-7000