



Could you have diabetes and not know it?

Absolutely.

To find out if you are at risk, write in the number of points (shown in parentheses) next to each statement that is true for you. If a statement is not true, put a "0"

- My weight is equal to or above that listed in the chart below. **Yes (5)** _____
 - I am under 65 years of age and I get little or no exercise during a usual day. **Yes (5)** _____
 - I am between 45 and 64 years of age. **Yes (5)** _____
 - I am 65 years old or older. **Yes (9)** _____
 - I am a woman who has had a baby weighing more than 9 pounds at birth. **Yes (1)** _____
 - I have a sister or brother with diabetes. **Yes (1)** _____
 - I have a parent with diabetes. **Yes (1)** _____
- TOTAL** _____

Your score*

3–9 points:

You are probably at low risk for having diabetes **now**.
But you may be at a higher risk in the future.

10 or more points:

You are at **high risk** for having diabetes.
Only a doctor can determine if you have diabetes.
See your doctor to find out for sure.

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At-risk weight chart

Height feet/inches without shoes	Weight 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

The chart above shows weights that are unhealthy for men and women age 35 or older. It is based on a measure called the Body Mass Index (BMI).

For more information on diabetes,
call the Community Hospital
Diabetes Program (831) 649-7220.

