



DIABETES. YOU COULD BE AT RISK

TAKE THE TEST—KNOW YOUR SCORE!

Diabetes means your blood sugar (glucose) is too high. How would you know? Are you often thirsty, hungry, or tired? Do you urinate often? Do you have sores that heal slowly, tingling in your feet, or blurry eyesight? Even without these signs, you could still have diabetes.

Diabetes is a serious disease. It can cause heart attack or stroke, blindness, kidney failure, or loss of feet or legs. But diabetes can be controlled. You can reduce or avoid these health problems. Take the first step. **Find out if you are at risk, now.**

Answer these quick questions. For each Yes answer, add the number of points listed. All No answers are 0 points.

Question	Yes	No
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a sister or brother with diabetes?	1	0
Do you have a parent with diabetes?	1	0
Find your height on the chart. Do you weigh as much as or more than the weight listed for your height? (See chart on back)	5	0
Are you under 65 years old and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years old?	5	0
Are you 65 years old or older?	9	0
Add Your Score		

These questions are from the American Diabetes Association's on-line "Diabetes Risk Test" (<http://www.diabetes.org/info/risk/risktest.jsp>).



Diabetes Detection Initiative
Finding the Undiagnosed





At Risk Weight Chart

Height	Weight (Pounds)	Height	Weight (Pounds)
4'10	129	5'8	177
4'11	133	5'9	182
5'0	138	5'10	188
5'1	143	5'11	193
5'2	147	6'0	199
5'3	152	6'1	204
5'4	157	6'2	210
5'5	162	6'3	216
5'6	167	6'4	221
5'7	172		

Know Your Score

If you scored ...	then your risk is ...
10 or more points	High for having diabetes now. Please bring this form to your health care provider soon. If you don't have insurance and can't afford a visit to your provider, go to a Health Center listed below.
3 to 9 points	Probably low for having diabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for diabetes.

I Scored 10 or More

How Can I Get Tested for Diabetes?

If you have ...	then do this ...
Individual or group private health insurance	See your health care provider. If you don't have a provider, ask your insurance company about providers who take your insurance. Deductibles and co-pays will apply.
Medicaid	See your health care provider. If you don't have a provider, contact a state Medicaid office or a health center listed below.
Medicare	See your health care provider. Medicare will pay the cost if the provider has a reason for testing. If you don't have a provider, call a health center listed below.
No insurance	Contact a Health Center listed below, or contact the health department.

Contact Your Local Health Center

Indian Health Service
Fort Washakie Health Center
 PO Box 128
 Building 29, Black Coal Dr.
 Fort Washakie, WY 82514
 307-332-7300

Arapaho Health Center
 PO Box 1310
 Riverton, WY 82501
 14 Great Plains Rd.
 Arapaho, WY 82510
 307-856-9281

Eastern Shoshone Diabetes Program
 307-332-6805
Northern Arapaho Diabetes Program
 307-332-8035

For more information, contact the Department of Health and Human Services, National Diabetes Education Program at 1-800-438-5383 or online at www.ndep.nih.gov.

