



## DIABETES. YOU COULD BE AT RISK

### TAKE THE TEST—KNOW YOUR SCORE!

**D**iabetes 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 high risk.

**Know your risk of having diabetes 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? <i>(See chart on back)</i>	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
<b>Add Your Score</b>		

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





## 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. <b>Please bring this form to your health care provider soon.</b> 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

### Rainier Beach Medical Clinic

8444 Rainier Ave South, 206-722-8444

### ICHS/Holly Park Medical and Dental Clinic

7116 Martin Luther King, Jr. Way South, 206-461-4948

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](http://www.ndep.nih.gov).

