

# DIABETES RISK-ASSESSMENT QUIZ

	YES	NO
1. My weight is equal to or above that listed in the chart on the right.	5	0
2. I am under 65 years of age and I get little or no exercise during a usual day.	5	0
3. I am between 45 and 64 years of age.	5	0
4. I am 65 years old or older.	9	0
5. I am a woman who has had a baby weighing more than nine pounds at birth.	1	0
6. I have a sister or brother with diabetes.	1	0
7. I have a parent with diabetes.	1	0
<b>TOTAL POINTS:</b>		

HEIGHT and WEIGHT	
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

## What Your Score Means

**3-9 POINTS** = Low risk for diabetes now.

**10-27 POINTS** = You have a higher risk of diabetes.

Ask your doctor to find out if you have diabetes.