

Healthy Living: Are You At Risk for Diabetes?¹

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Millions of Americans have diabetes—and do NOT even know it! Take this quiz to see if you are at risk for diabetes.

Read the statements below and write the appropriate score for each statement.			<u>My Score</u>
Add up your points to find out your total score.			
1. A health professional has told me that I am above a healthy weight for my height.	Yes = 5	No = 0	_____
2. I am under 65 years of age and I get little or no physical activity (like walking, biking, or gardening) during a usual day.	Yes = 5	No = 0	_____
3. I am between 45 and 64 years of age.	Yes = 5	No = 0	_____
4. I am age 65 or older.	Yes = 9	No = 0	_____
5. I had gestational diabetes or a baby weighing more than nine pounds at birth.	Yes = 1	No = 0	_____
6. I have a sister or a brother with diabetes.	Yes = 1	No = 0	_____
7. I have a parent with diabetes.	Yes = 1	No = 0	_____
MY TOTAL SCORE			_____

If you scored 3 to 9 points:

You are currently at low risk for diabetes. But don't just forget about it, especially if you are Hispanic, African-American, American Indian, Asian American, or if you have a family history of diabetes. Your risk may increase in the future.

If you scored 10 or more points:

You are at high risk for diabetes. A doctor can determine if you do have diabetes. So see a doctor soon and find out for sure.

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2. Adapted from *Could You Have Diabetes and Not Know It?* (American Diabetes Association) by Linda B. Bobroff, PhD, RD, LD/N, professor, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. Leaflet design by Paulina Wittkowsky, MS, RD, formerly with University of Florida.