



WELLNESS WORKSHEET 84

Diabetes Risk Assessment

Take this test to see if you are at risk for having diabetes. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans, and Pacific Islanders. If you are a member of one of these ethnic groups, you need to pay special attention to this test.

Write in the points next to each statement that is true for you. If a statement is not true, put a zero. Then add your total score.

- | | |
|--|--------------------|
| 1. I am a woman who has had a baby weighing more than 9 pounds at birth. | Yes 1 _____ |
| 2. I have a sister or brother with diabetes. | Yes 1 _____ |
| 3. I have a parent with diabetes. | Yes 1 _____ |
| 4. My weight is equal to or above that listed in the chart below. | Yes 5 _____ |
| 5. I am under 65 years of age <i>and</i> I get little or no exercise. | Yes 5 _____ |
| 6. I am between 45 and 64 years of age. | Yes 5 _____ |
| 7. I am 65 years old or older. | Yes 9 _____ |
| | Total _____ |

Scoring 10 or more points:

You are at high risk for having diabetes. Only your health care provider can check to see if you have diabetes. See yours soon and find out for sure.

Scoring 3–9 points:

You are probably at low risk for having diabetes now. But don't just forget about it. Keep your risk low by losing weight if you are overweight, being active most days, and eating low-fat meals that are high in fruits and vegetables, and whole-grain foods.

At-Risk Weight Chart

If you weigh the same as or more than the amount listed for your height, you may be at risk for diabetes.

Height in feet and inches without shoes	Weight in 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

Height in feet and inches without shoes	Weight in pounds without clothing
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

(over)

INTERNET ACTIVITY

Lifestyle, especially diet and exercise habits, are critical in the management of diabetes. Use the Internet to investigate some of the ways in which people with diabetes can use diet and exercise to help successfully manage their condition. For example, you might investigate the general dietary recommendations for diabetics in terms of overall nutrient content, timing of meals, or some other factor. You might search for a recipe for a dish that you like that has been modified to make it appropriate for someone with diabetes. Or you might investigate any special exercise recommendations or considerations for people with diabetes. Choose one area to research, describe what you find, and compare the information with your own current lifestyle. What types of changes would you have to make if you were diagnosed with diabetes? Use one of the sites listed below, or do a search.

American Diabetes Association: <http://www.diabetes.org>

Canadian Diabetes Association: <http://www.diabetes.ca>

CDC's Diabetes Public Health Resource: <http://www.cdc.gov/diabetes>

Diabetes Action Research and Education Foundation: <http://www.daref.org>

NIDDK Diabetes Information: <http://niddk.nih.gov/diabetes>

Recipe Source: <http://www.recipesource.com/special-diets/diabetic>

Site(s) used (URL): _____