

Diabetes and Nutrition Center

ARE YOU AT RISK FOR GETTING DIABETES?

Know your score

You could have Type 2 Diabetes and not know it! Take the test below to help determine if you are at risk. Fill in the points next to each YES answer.

If you score 3-9 points

Your risk for diabetes is probably low right now, but you may be at increased risk in the future.

If you score 10 or more points

You are at high risk for having diabetes. Talk with your healthcare provider today.

Adapted from the American Diabetes Association's *Diabetes Risk Test*.

Height & 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

1. Is your weight equal to or above that listed in the chart? YES (5 points) ____
2. Are you 65 years old or older? YES (9 points) ____
3. Are you between 45 and 64 years old? YES (5 points) ____
4. Are you younger than 65 years old and do you get LITTLE or NO exercise? YES (5 points) ____
5. Do you have a mother or father with diabetes? YES (1 point) ____
6. Do you have a brother or sister with diabetes? YES (1 point) ____
7. Are you a woman who had a baby weighing 9 pounds or more at birth? YES (1 point) ____

**IF YOU SCORED 10 POINTS OR MORE,
TALK WITH YOUR DOCTOR TODAY!**



Your resource for life.

MaineGeneral
Medical Center

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