

# Are You at Risk for Diabetes?

*Provided by your Neighborly Care Network Dietitian*

Could you have diabetes and not know it? It is possible. About half of the people who have diabetes don't know they have the disease!

## **Why is this a concern?**

If you have diabetes but are not getting treatment, you are at high risk of having health complications. This includes the risk for heart disease, kidney disease, blindness, and/or amputations.

Read the statements below and write the appropriate score for each statement. Add up your points to find out your total score.

		<b>My Score</b>
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 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	
<b>MY TOTAL SCORE</b>		

## ***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.

All adults 45 years of age and older should be tested for diabetes. If you have one of the warning signs of high blood glucose, see your health care provider as soon as possible.

## **High Blood Glucose Warnings**

*Check any warning signs that you have:*

- Constant thirst or hunger
- Blurry vision
- Need to urinate often
- Numb or tingling hands/feet
- Unexplained weight loss
- Frequent infections that take longer to heal
- Dry, itchy skin