

Diabetes Paper Risk Screening Test



Could You Have Diabetes And Not Know It?

Take the Test. Know your Score.

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

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

Height in feet and inch (without shoes)	Weight (without clothes)
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

TOTAL

Score	Risk Level
0-2	Very Low Risk
3-9	Low to Medium
10+	High

If you are at risk for diabetes, your health care provider or the DPP screenings can check to see if you have diabetes or even pre-diabetes. For more information, please contact:

.0~.
**K.E.Y.S. Diabetes
 Prevention Project**
 918-453-5737
 tonya-giger@cherokee.org

Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure, and loss of a limb. American Indians are 2.2 more times as likely to have diabetes than non-Hispanic whites. You have the **POWER** to **PREVENT DIABETES** by increasing your physical activity and making healthy food choices!

