

Diabetes Risk Self-Assessment Quiz

Risk Question	Yes	No
1. Do you have a family history of diabetes?		
2. Is your ethnic background of African American, Hispanic, Native American, or Asian/Pacific American decent?		
3. If you are a woman, have you had history of diabetes in pregnancy (gestational diabetes) or given birth to a baby weighing more than 9 pounds?		
4. Do you lead an inactive lifestyle, do not exercise regularly?		
5. Do you have a history of diabetes in pregnancy (gestational diabetes)?		
6. Are you overweight? Refer to At-Risk Weight chart below. Mark "yes" if your weight is greater than listed weight for your height.		
7. I am greater than 45 years of age.		
8. Have you ever been diagnosed with high blood pressure by you doctor?		
9. Have you had a fasting blood sugar test that is greater than 100 mg/dl?		
10. Have you had excessive thirst, excessive urination, tendency to tire easily, or slow to heal cuts/wounds?		

If you answered "yes" to any of the above questions, you may be at risk for developing diabetes. The more "yes" responses, the higher your risk for diabetes. Talk to your doctor to see if additional testing is needed to determine the level of your diabetes risk. The good news is that you can manage many of the risk factors for diabetes by taking small steps to change your lifestyle like losing weight or being more active.

At-Risk Weight Chart*

Height	Weight (in pounds)
4'10"	148
4'11"	153
5'0"	158
5'1"	164
5'2"	169
5'3"	175
5'4"	180
5'5"	186
5'6"	192
5'7"	198
5'8"	203
5'9"	209
5'10"	216
5'11"	222
6'0"	228
6'1"	235
6'2"	241
6'3"	248
6'4"	254
6'5"	261

*At-Risk Weight Chart adapted from
American Diabetes Association Diabetes
Risk Test