

Community Hospital

Diabetes Screening Test

Find out if you are at risk for having diabetes NOW. Write the points next to each statement that is true for you. If a statement is not true, put a zero. Add your total score.

My weight is equal to or above that listed in the chart (on reverse). Yes=5 _____

I am under 65 years of age and I get little or no exercise during a usual day. Yes=5 _____

I am between 45 and 64 years of age. Yes=5 _____

I am 65 years old or older. Yes=9 _____

I am a woman who has had a baby weighing more than 9 pounds at birth. Yes=1 _____

I have a sister or brother with diabetes. Yes=1 _____

I have a parent with diabetes. Yes=1 _____

TOTAL _____

IF YOU SCORED 3 - 9 POINTS:

You are probably at low risk for having diabetes now. But don't just forget about it—especially if you are Hispanic, African American, American Indian, Asian American or Pacific Islander. You may be at higher risk in the future.

New guidelines recommend everyone age 45 and over should consider being tested for the disease every three years. However, people at high risk should consider being tested at a younger age.

IF YOU SCORED 10 OR MORE POINTS:

You are at high risk for having diabetes. Only your healthcare provider can determine if you have diabetes. See your healthcare provider soon and find out for sure.

Diabetes At-risk Weight Chart

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

This chart is based on a measure called the Body Mass Index (BMI). The chart shows unhealthy weights for men and women 35 or older at the listed heights. At-risk weights are lower for individuals under age 35.

Height Feet/inches without shoes	Weight 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
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

Community Hospital Diabetes Education Center

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