



# Diabetes Risk Assessment



Operation Diabetes  
Wisconsin Society of Pharmacy Students  
UW-Madison School of Pharmacy

American Pharmacists Association  
Academy of Student Pharmacists

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

- |  | <u>Yes</u> |
|--|------------|
| 1) I am a woman who has had a baby weighing more than 9 pounds at birth. | 1 pt ____  |
| 2) I have a sister or a brother with diabetes.                           | 1 pt ____  |
| 3) I have a parent with diabetes.  | 1 pt ____  |
| 4) My weight is equal to or above that listed in the chart below.        | 5 pts ____ |
| 5) I am under 65 years of age AND I get little or no exercise.           | 5 pts ____ |
| 6) I am between 45 and 64 years of age.                                  | 5 pts ____ |
| 7) I am 65 years old or older.   | 9 pts ____ |

**Total Points** \_\_\_\_

## At-Risk Weight Chart

Your height is in feet and inches, without shoes. Your weight is in pounds, without clothing. If you weigh 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 age 35 or older at the listed heights. At-risk weights are lower for individuals under age 35.

<u>Height</u>	<u>Weight</u>	<u>Height</u>	<u>Weight</u>	<u>Height</u>	<u>Weight</u>
4' 10"	129	5' 5"	162	6' 0"	199
4' 11"	133	5' 6"	167	6' 1"	204
5' 0"	138	5' 7"	172	6' 2"	210
5' 1"	143	5' 8"	177	6' 3"	216
5' 2"	147	5' 9"	182	6' 4"	221
5' 3"	152	5' 10"	188		
5' 4"	157	5' 11"	193		

**If you scored 10 total points or more** you are at high risk for having diabetes. Only your health care provider can check to see if you have diabetes. See yours soon and find out.

**If you scored 3-9 total points** you are probably at low risk for having diabetes. But do not just forget about it. Keep your risk low by losing weight if you are overweight, being active on most days, and eating low fat meals that are high in fruits and vegetables and whole grain foods.