

Are You at Risk for Type 2 Diabetes?

Take this Diabetes Risk Test to find out if you are at risk.

Write score in box

1. How old are you?

- Less than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight status? Use the chart on the back of this brochure for help.

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. Talk with your health care provider to see if additional testing is needed.

Total

Weight Chart for Diabetes Risk Test

Height	Weight (pounds)			
	0 points	1 point	2 points	3 points
4'10"	less than 119	119–142	143–190	191+
4'11"	less than 124	124–147	148–197	198+
5'0"	less than 128	128–152	153–203	204+
5'1"	less than 132	132–157	158–210	211+
5'2"	less than 136	136–163	164–217	218+
5'3"	less than 141	141–168	169–224	225+
5'4"	less than 145	145–173	174–231	232+
5'5"	less than 150	150–179	189–239	240+
5'6"	less than 155	155–185	186–246	247+
5'7"	less than 159	159–190	191–254	255+
5'8"	less than 164	164–196	197–261	262+
5'9"	less than 169	169–202	203–269	270+
5'10"	less than 174	174–208	209–277	278+
5'11"	less than 179	179–214	215–285	286+
6'0"	less than 184	184–220	221–293	294+
6'1"	less than 189	189–226	227–301	302+
6'2"	less than 194	194–232	233–310	311+
6'3"	less than 200	200–239	240–318	319+
6'4"	less than 205	205–245	246–327	328+

How Can DHEC Help?

To learn about the services available in your area, call

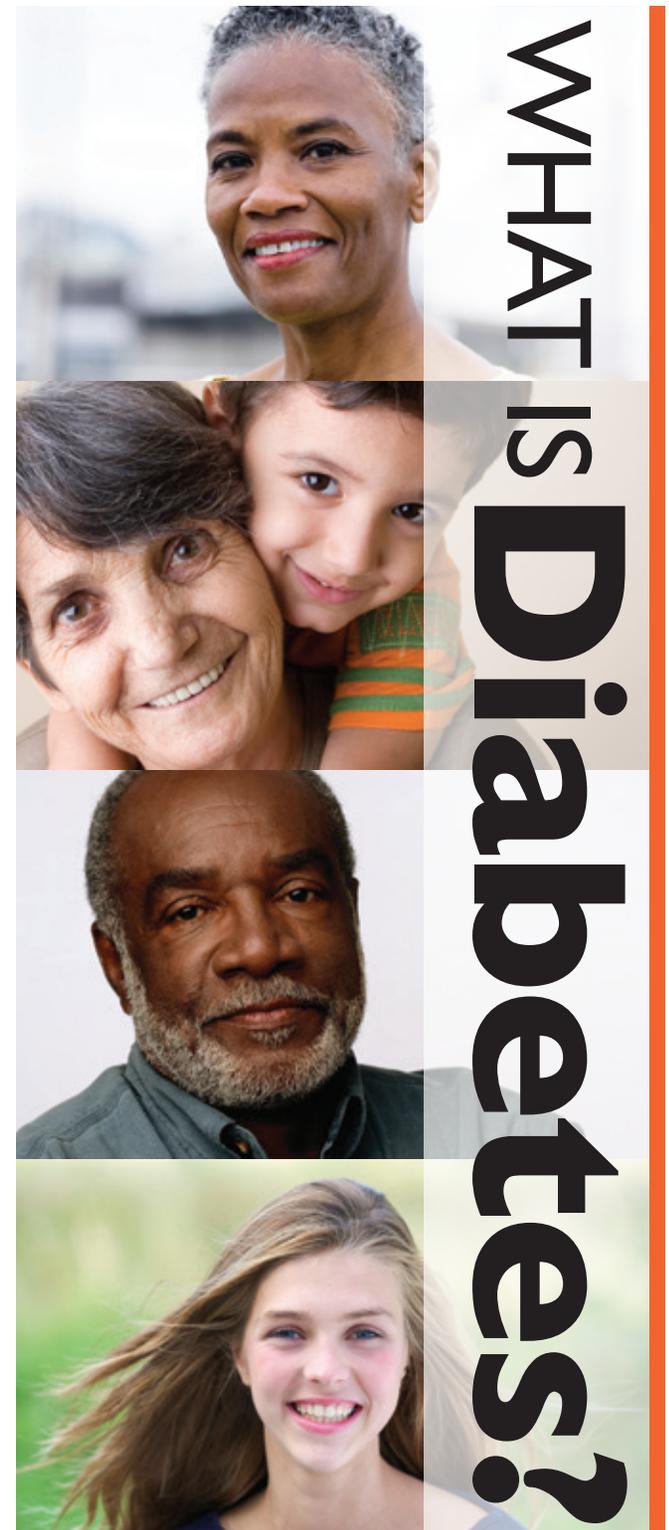
(803) 898-4469



South Carolina Department of Health and Environmental Control

www.scdhec.gov/diabetes

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WHAT IS Diabetes?

What is Diabetes?

Diabetes is diagnosed when a person's body does not make enough insulin or cannot properly use insulin. Insulin is a hormone needed to turn food into energy.

How Does Diabetes Affect Me?

Diabetes can affect many parts of your body, including your:

Heart – Increases your risk of having a heart attack

Eyes – Worsens your eyesight, may lead to blindness

Mouth – Increases your risk of dental and gum disease

Kidneys – Can lead to kidney failure, requiring dialysis

Feet – Can decrease blood circulation to lower extremities, which can result in leg or foot amputations

Nerves – Can damage nerves, affecting many parts of the body

Genital organs – Can cause sexual problems

Brain – Can lead to a stroke

Lowering blood sugars can prevent or delay these complications.



Types of Diabetes



Type 1

- In type 1, the body does not produce any insulin.
- People with this type of diabetes must take insulin injections to live.
- Type 1 often occurs in children and young adults.
- 5-10 percent of people with diabetes have type 1.

Type 2

- In type 2, the body cannot make enough or properly use insulin, a problem sometimes called insulin resistance.
- Type 2 can be treated with diet, exercise and/or medication.
- Type 2 occurs in people of all ages, including children.
- 90-95 percent of people with diabetes have type 2.

Gestational Diabetes

- Gestational diabetes occurs when a pregnant woman has high blood sugar.
- Gestational diabetes usually goes away after the baby is born, but it may increase the risk of developing type 2 diabetes by 50-60 percent later in life.

Prediabetes

- Prediabetes is diagnosed when blood sugar is higher than normal but not high enough to be diagnosed as diabetes.
- Prediabetes can increase your risk of heart attack, stroke and heart disease by 50 percent.

Prevention of Diabetes

Prediabetes and diabetes can be prevented or delayed. Follow these lifestyle recommendations to reduce your risk of developing pre-diabetes and diabetes:

1. Exercise at least 3-4 days per week.
2. Decrease your intake of fried and fatty foods.
3. Eat fewer sweet foods and drink fewer sweet drinks.
4. Eat more vegetables, fruits and whole grains.
5. Lose weight (losing even a small amount can help).
6. Quit smoking.

Who Should Be Tested?

- Everyone over the age of 45
- Anyone (of any age) who is overweight and has at least one risk factor

Risk Factors

You are at risk for developing diabetes if you:

- Are overweight or obese
- Do not exercise regularly
- Have a parent, brother or sister who has (or had) diabetes
- Have high blood pressure
- Have high cholesterol and triglycerides, or
- Delivered a baby weighing more than 9 pounds at birth or had gestational diabetes while you were pregnant.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans and Pacific Islanders.

Symptoms

What are the Symptoms of Diabetes?

- Increased thirst or extreme hunger
- Frequent urination
- Blurry vision that changes from day to day
- Tingling or numbness in hands or feet
- Frequent or recurring skin, gum or bladder infections
- Wounds that do not heal quickly

If you are at risk or experience any of these symptoms, talk with your doctor about getting tested for diabetes!