



Are You at Risk for Diabetes?

COMMUNITY DIABETES RISK ASSESSMENT

Date _____

Agency/Location _____

Name _____ Date of Birth _____ Age _____ Gender _____

Address _____

City/State/Zip _____ Phone _____

Please **check mark** all answers in this section that apply to you.

Do you have health insurance coverage? ___Yes ___No

Do you have Medicaid? ___Yes ___No Medicare? ___Yes ___No

Do you have a regular doctor that you have seen for a health check-up within the last year? ___Yes ___No

Do you have a regular dentist that you have seen for a dental examination within the last year? ___Yes ___No

Have you ever been told by a doctor that you have high blood sugar or diabetes? ___Yes ___No

If you answered YES to the above question, are you treated by: ___diet and exercise ___pills ___shots

If you are a person with diabetes, we ask that you complete the TOP section, sign and return.

All others, please complete the entire form, sign and return. THANK YOU for participating!

Race (Check all that apply.)

- ___Asian
- ___Black/African American
- ___Caucasian/White
- ___Hawaiian/Pacific Islander
- ___Native American
- ___Other _____
- Hispanic/Latino **Ethnicity** ___Yes ___No

DIABETES is a serious disease that can lead to blindness, heart disease, stroke, kidney failure and amputations. Many people don't know they have diabetes. To find out if you may be at risk for diabetes, give yourself the number of points indicated for those statements that are true for you. Add all the points. The TOTAL POINTS can then be used as an estimate of your diabetes risk.

- | | | |
|--|----------|-------|
| 1. I am a woman who had a baby weighing more than nine pounds at birth. | 1 point | _____ |
| 2. I have a sister or brother with diabetes. | 1 point | _____ |
| 3. I have a parent with diabetes. | 1 point | _____ |
| 4. I am less than 65 years of age and I get little or no exercise. | 5 points | _____ |
| 5. I am between 45 and 64 years of age. | 5 points | _____ |
| 6. I am 65 years old or older. | 9 points | _____ |
| 7. My weight on the Body Mass Index (BMI) chart is 25 or more.* (See chart on back.)
*Staff will gladly assist you with this. Height _____ Weight _____ BMI _____ | 5 points | _____ |

Total Points: _____

10 points or more: You are at high risk for getting diabetes. See your doctor or healthcare provider soon.

3 - 9 points: You are probably at low risk for having diabetes now; however, if you are Hispanic/Latino, Asian, Black/African American, Native American or a Pacific Islander, you may be at higher risk in the future. From time to time it would be wise for you to re-check your risk level.

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I agree to release this information to: Lincoln-Lancaster County Health Department (LLCHD)

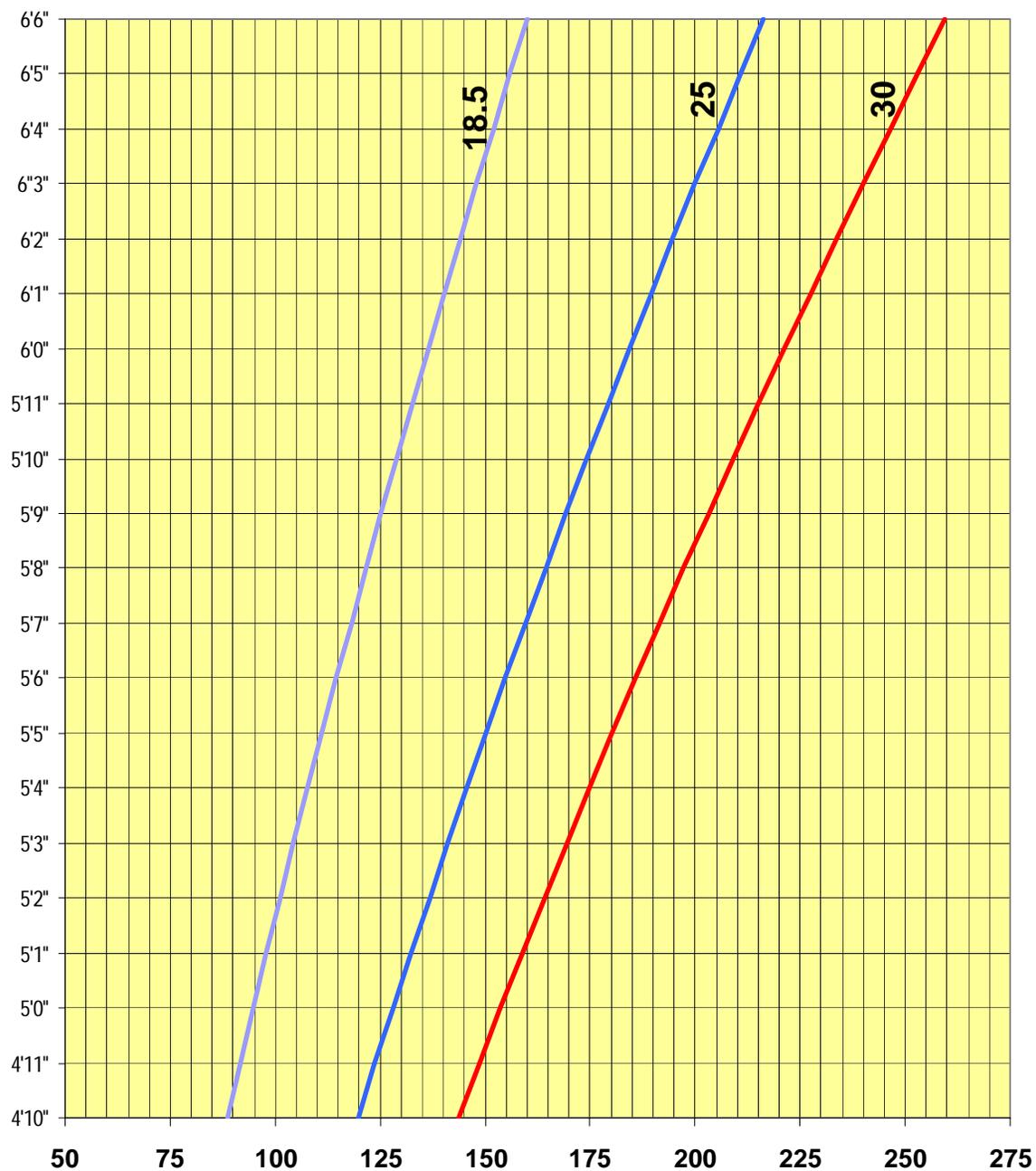
ATTENTION: ActionNow! Coordinator – 3140 N Street – Lincoln, Nebraska 68510-1514

Name/Signature

Date

Are You at a Healthy Weight?

BODY MASS INDEX (BMI) GRAPH



BMI measures weight in relation to height. The BMI ranges shown above are for adults. They are not exact ranges of healthy and unhealthy weights. However, it has been shown that health risk tends to increase at higher levels of overweight and obesity. Even within the healthy BMI range, weight gains can carry health risks for adults. The higher your BMI and waist measurement, and the more risk factors you have, the more you are likely to benefit from even small amounts of weight loss.

Directions: Find your weight on the bottom of the graph. Go straight up from that point until you come to the line that matches your height. Then look to find your weight group.

Healthy Weight - BMI from 18.5 up to 25 refers to a healthy weight.

Overweight - BMI from 25 up to 30 refers to overweight.

Obese - BMI 30 or higher refers to obesity. Obese persons are also overweight.

TO CALCULATE a more exact BMI for adults, use the following formula:

$\frac{\text{WEIGHT IN POUNDS}}{\text{HEIGHT IN INCHES}} \div \text{HEIGHT IN INCHES} \times 703 = \text{BMI}$.

For example, a 6-foot tall person weighing 160 pounds would be 72 inches tall and have a BMI equal to 21.697.

$$\text{BMI} = 160 \div 72 \div 72 \times 703 = 21.697.$$