

Are You at Risk for Type 2 Diabetes?



Eating healthy and staying active are two of the ways you can help to prevent the onset of diabetes. These are especially important if you are at an increased risk due to factors such as age, weight and family history.

Common symptoms of diabetes:

- Blurry vision
- Cuts/bruises that are slow to heal
- Extreme fatigue
- Feeling thirsty
- Feeling very hungry, even after eating
- Tingling, pain or numbness in hands or feet
- Urinating often
- Weight loss, even when eating more than usual

Take the short quiz on the next page to find out if you are at an increased risk for type 2 diabetes.

If you are at risk or are experiencing symptoms of diabetes, schedule a wellness exam with LeadWell™ today!

5220 S. 6th St. Frontage Rd.
Suite 1400 (within Hope Pavilion)
Springfield, IL 62703
ph: 217-993-0998
Hours: Monday - Thursday, 7 a.m. - 5:30 p.m.

LEADWELL™
CORPORATE HEALTH & WELLNESS PROGRAM

American Diabetes Association

Type 2 Diabetes Risk Assessment

Write your score in each box, and add up your total at the end.

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 category?**.....
See chart at the right.

- Total Score**.....

| HEIGHT | WEIGHT | | |
|--|----------------|-----------------|-----------------|
| 4' 10" | 119-142 | 143-190 | 191+ |
| 4' 11" | 124-147 | 148-197 | 198+ |
| 5' 0" | 128-152 | 153-203 | 204+ |
| 5' 1" | 132-157 | 158-210 | 211+ |
| 5' 2" | 136-163 | 164-217 | 218+ |
| 5' 3" | 141-168 | 169-224 | 225+ |
| 5' 4" | 145-173 | 174-231 | 232+ |
| 5' 5" | 150-179 | 180-239 | 240+ |
| 5' 6" | 155-185 | 186-246 | 247+ |
| 5' 7" | 159-190 | 191-254 | 255+ |
| 5' 8" | 164-196 | 197-261 | 262+ |
| 5' 9" | 169-202 | 203-269 | 270+ |
| 5' 10" | 174-208 | 209-277 | 278+ |
| 5' 11" | 179-214 | 215-285 | 286+ |
| 6' 0" | 184-220 | 221-293 | 294+ |
| 6' 1" | 189-226 | 227-301 | 302+ |
| 6' 2" | 194-232 | 233-310 | 311+ |
| 6' 3" | 200-239 | 240-318 | 319+ |
| 6' 4" | 205-245 | 246-327 | 328+ |
| | 1 point | 2 points | 3 points |
| If you weigh less than the amount in the left column: 0 points | | | |

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, Native Hawaiians and Pacific Islanders. Higher body weight increases diabetes risks for everyone. Asian Americans are at an increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

Call the LeadWell™ Clinic at 217-993-0998 to schedule your wellness exam.

**Courtesy of the American Diabetes Association*