

WHO'S AT RISK FOR DIABETES?

Your risk for diabetes goes up as you get older, gain weight, or become less active. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. Risk factors for diabetes include:

- Having high blood pressure (at or above 140/90)
- Having a family history of diabetes
- Having diabetes during pregnancy or having a baby weighing more than 9lbs at birth.

DON'T WAIT FOR SIGNS

Most people with diabetes do not notice any symptoms. However, if you have any of these symptoms, contact your health care provider right away:

- Being very thirsty
- Urinating often
- Losing weight without trying

Source: American Diabetes Association

ARE YOU AT RISK FOR DIABETES? TAKE THIS TEST TO FIND OUT

If you answer yes to a statement, write down the number of points next to the statement. If the answer is no, leave it blank. Then add up your points.

1. I am overweight (see chart).....5 pts.
YES ___
2. I am under 65 years of age and I get little or no exercise during a usual day.....5 pts.
YES ___
3. I am between 45 and 65 years of age...5 pts.
YES ___
4. I am 65 years of age or older.....9 pts.
YES ___
5. I am a woman who has had a baby weighing more than 9 pounds at birth.....1 pt.
YES ___
6. I have a sister or brother with diabetes..1 pt.
YES ___
7. I have a parent with diabetes.....1 pt.
YES ___

_____ TOTAL SCORE

If you scored 10 or more points you are at **HIGH RISK** for diabetes and should be screened. **Call the Vanderburgh County Health Department for a FREE diabetes screening test at 435-5015.**

Source: American Diabetes Association

HEIGHT IN FEET AND INCHES WITHOUT SHOES	WEIGHT IN POUNDS WITHOUT SHOES
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

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

Studies have shown that you can **PREVENT OR DELAY** the development of diabetes by **losing weight** if you are overweight, **being active** most days of the week, and **eating low fat meals** that are high in fruits and vegetables, and whole grain foods.

Source: American Diabetes Association

WHAT IS DIABETES?

Diabetes means that your blood sugar is too high. Your blood always has some sugar in it because the body needs sugar for energy to keep you going. But too much sugar in the blood is not good for your health.

COULD YOU HAVE DIABETES?

Diabetes is a silent disease. You can have it for years and not know it. During this time, harm to your eyes, nerves, and kidneys may have been taking place.

WHAT CAN YOU DO?

You can do things now to lower your risk for diabetes by:

- ◆ Keeping your weight in control
- ◆ Staying active most days of the week
- ◆ Eating low fat meals that are high in fruits, vegetables, and whole grain foods.

Adapted from:
THE AMERICAN DIABETES ASSOCIATION
1-800-DIABETES (342-2383)
www.diabetes.org

DIABETES IS RISKY BUSINESS

IF YOU ARE AT RISK

FOR DIABETES

CALL THE

VANDEBURGH COUNTY

HEALTH DEPARTMENT

FOR A FREE

FASTING BLOOD GLUCOSE

TEST AND PREVENTION

INFORMATION

435-5015



VANDERBURGH COUNTY HEALTH DEPT.
CHRONIC DISEASE PROGRAM
OAK PARK PROFESSIONAL BUILDING
420 MULBERRY STREET
EVANSVILLE, INDIANA 47713-1231

GAMBLING WITH DIABETES?



- ◆ *OVERWEIGHT*
- ◆ *INACTIVE*
- ◆ *OVER 45*
- ◆ *POOR DIET*
- ◆ *FAMILY HISTORY*

DON'T LOSE
THIS BET!