



Type 2 Diabetes ... Are You at Risk?

It is recommended that people over the age of 45 years be screened for type 2 diabetes. For those under 45 years old, screening will depend on whether or not other risk factors are present. Take the following “quiz” to help determine your risk.

Check the box if the statement applies to you.

- I am overweight or obese.
- I have a parent, brother or sister with diabetes.
- My race or ethnic background is African American, Hispanic American, American Indian, Asian American or Pacific Islander.
- I had diabetes when pregnant, or I gave birth to at least one baby who weighed over 9 pounds.
- I am fairly inactive. I exercise fewer than 3 times a week.
- My cholesterol levels are not normal. My HDL (“good” cholesterol) is less than 35 and my Triglyceride level is over 250.
- My blood pressure is 140/90 or higher, or I've been told I have high blood pressure.

According to the National Institutes of Health, one or more boxes checked indicate you may be at risk for type 2 diabetes. This “quiz” cannot substitute for a visit to your healthcare provider. Talk to your healthcare provider about your specific diabetes testing needs.

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