

Are you at risk for diabetes? Take the ADA Diabetes Risk Test



Diabetes is preventable and can be delayed

ADARISK TEST

Instructions: Answer the questions below. Add your points. If you score 10 or more, you may be at-risk for developing diabetes.

- Is your weight greater than or equal to the weight on the chart for your height? (Use chart below) 5 points
- Are you under age 65 and have little or no exercise during a usual day? 5 points
- Are you between 45 and 64 years of age? 5 points
- Are you age 65 or older? 9 points
- Are you a woman who had baby > 9 pounds at birth? 1 point
- Do you have a sister or brother with diabetes? 1 point
- Do you have a parent with diabetes? 1 point

ADARisk Test score

Total

CHART
For Men and Women

HEIGHT (in feet & inches) without shoes	WEIGHT (in pounds) without clothes
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 are at risk, call us today to speak to a Certified Diabetes Educator at the

Diabetes Education and
Wellness Program
AST Clinic, Little Axe
405 701-7977

One in 6
American
Indian adults
has diagnosed
diabetes