

ARE YOU AT RISK FOR DIABETES?

Diabetes Alert Day is March 28, 2006



The American Diabetes Alert is a one day call to action held on the fourth Tuesday of March for people to find out if they are at risk for diabetes. The goal is to raise the awareness that diabetes is serious. You can have diabetes and not even know it. Take the "Risk Test" on the back side to find out if you are at risk.

WHAT IS DIABETES?

Diabetes is a group of diseases that is marked by high levels of blood glucose (sugar) resulting from lack of insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but there are steps that those with diabetes can take to control the disease and lower the risk of complications.

COULD YOU HAVE DIABETES?

Diabetes can be a silent disease. You could have it for years and never know it. If you have diabetes and it is not treated it could cause harm to your eyes, nerves and kidneys.

COULD YOU HAVE PRE-DIABETES?

People with pre-diabetes have blood sugar levels higher than normal but not high enough to be classified as having diabetes. Progression to diabetes among those with pre-diabetes is not inevitable. People with pre-diabetes who lose weight and increase their activity can prevent or delay diabetes.

YOU ARE AT INCREASED RISK FOR DIABETES IF:

- ◆ You are African American, American Indian, Asian, Pacific Islander and Hispanic/Latino American.
- ◆ You have high blood pressure.
- ◆ Have a family history of diabetes.
- ◆ You had diabetes during pregnancy or having a baby that weighed more than nine pounds at birth.
- ◆ You are older, over weight, and inactive.

RISK TEST....Take The Test on the back!

Know your risk of having diabetes now. Answer these quick questions. For each Yes answer, add the number of points listed. All No answers are 0 (zero) points.



ARE YOU AT RISK FOR DIABETES?

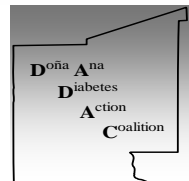
TAKE THE RISK TEST

Approximately 1 in 11 adults in New Mexico have diabetes. 130,000 New Mexicans have diabetes. 92,000 people know they have diabetes. 38,000 do not know they have

diabetes. Of those with diagnosed diabetes, 5-10% have Type 1 diabetes and 90-95% have Type 2 diabetes.



PASO DEL NORTE HEALTH FOUNDATION
Better Health, Better Lives, A Better Community.



QUESTIONS

	Y	N
1. Do you have a brother or sister with diabetes?	1	0
2. Do you have parents with diabetes?	1	0
3. Find your height on the chart below. Do you weigh as much as or more than the weight listed for your height?	5	0
4. Are you under 65 years old and get little or no exercise in a typical day?	5	0
5. Are you between 45 and 64 years old?	5	0
6. Are you 65 years old or older?	9	0
7. Are you a woman who had a baby that weighed more than nine pounds at birth?	1	0

AT RISK WEIGHT CHART

HEIGHT	WEIGHT (pounds)
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

KNOW YOUR SCORE

If you scored **10** or more points, then your risk is high for having diabetes now. Please bring this form to your health care provider soon. If you do not have insurance and can not afford a visit to your provider, contact your local health department.

If you scored **3-9** points, then your risk is probably low for having diabetes now. Keep your risk low. You can prevent this disease if you make changes now. If you are overweight, lose weight. Be active most days and eat low fat meals with fruits and vegetables. If you have high cholesterol or high blood pressure, keep it under control.

Share your score with your health care provider.

This risk test is based on the American Diabetes Association Risk Test. It is provided to you by the Doña Ana Diabetes Action Coalition (DADAC), Southern Area Health Education Center (SOAHEC) and Paso de Norte Health Foundation. For more information call (505) 556-6895.

