

# Diabetes Risk Assessment Tool

**Are you at risk for diabetes? Take a test to find out.**

Millions of people have diabetes and don't even know it. If you have it and you don't know it, you could become very sick. Diabetes can damage the heart, arteries, eyes, nerves, and kidneys and lead to serious health problems. But if you know you have it, you can get the treatment you need to stay healthy.

Take this test to determine your risk for diabetes, and see your doctor to find out for sure.

Risk for diabetes	Yes	No
I am 45 or older.		
I have high or low blood sugar.		
I have high cholesterol.		
I am overweight (20% or more over ideal weight).		
I usually have no daily exercise.		
I have high blood pressure (greater than 140/90) .		
I have a sister, brother, parent, grandparent, aunt, or uncle with diabetes.		
I am African American, Hispanic, Native American, or Asian American.		
I previously had diabetes during pregnancy or had a baby weighing more than 9 pounds at birth.		
<b>I have the following symptoms of diabetes:</b>		
Blurred vision		
Fatigue, lack of energy		
Extreme thirst, hunger		
Frequent trips to the bathroom (urination)		
Unexplained weight gain or loss		
Slow-healing sore or cut		
Numbness, pain, or tingling in hands or feet		
Frequent infections		
Depression		

**The more boxes you checked "Yes," the more likely you are to have diabetes.**

**Only your doctor will know for sure.**

This test can only tell you if you **might** have diabetes. The only way to know for sure is to see your doctor. If you do not have a doctor, a public health clinic can also help you. Early detection and proper treatment of diabetes can lead to a longer and healthier life!

Information reference: The Texas Department of State Health Services