



Diabetes Risk Profile

Instructions: For each risk factor, check the box in the column that best describes you. Write score shown next to the check box in the score column to the right.

Risk Factors	Column A	Column B	Column C	Score
1. Age. Indicate your age range.	<input type="checkbox"/> 0 Less than 45	<input type="checkbox"/> 4 45 to 64	<input type="checkbox"/> 6 65 or older	
2. Race. Indicate your race.	<input type="checkbox"/> 0 Caucasian, other	<input type="checkbox"/> 1 African American, Hispanic, Asian	<input type="checkbox"/> 2 Pacific Islander, Native American	
3. Family history. Number of parents, brothers, or sisters with diabetes	<input type="checkbox"/> 0 None	<input type="checkbox"/> 1 One	<input type="checkbox"/> 2 Two or more	
4. Pregnancy history. Women with gestational diabetes or delivered a baby weighing 9 pounds or more	<input type="checkbox"/> 0 Men	<input type="checkbox"/> 0 Women, no	<input type="checkbox"/> 1 Women, yes	
5. Symptoms. How many do you have? Excessive thirst, frequent urination, unusual weight loss, extreme hunger, increased fatigue, blurry vision	<input type="checkbox"/> 0 None	<input type="checkbox"/> 1 One symptom	<input type="checkbox"/> 5 Two or more symptoms	
6. Body weight. Indicate your weight range (refer to BMI chart on back, and waist girth standards)	<input type="checkbox"/> 0 Healthy weight BMI < 25	<input type="checkbox"/> 3 Overweight BMI 25-29.9	<input type="checkbox"/> 6 Very overweight, BMI 30+ or high waist girth 35+ women, 40+ men	
7. Physical activity. Number of days you get 30+ minutes of moderate to vigorous physical activity.	<input type="checkbox"/> 0 4 to 7 days per week	<input type="checkbox"/> 1 2 to 3 days per week	<input type="checkbox"/> 3 No regular physical activity program	
8. High glycemic index foods. How often do you eat the following foods: soda pop, pastry, cookies, candy, chips, desserts, potatoes, French fries	<input type="checkbox"/> 0 Only eat these foods occasionally (no more than once per day)	<input type="checkbox"/> 1 Eat these foods regularly, usually 2-3 times most days	<input type="checkbox"/> 2 Eat these foods often, usually 4-5 or more times most days	
9. Breads and cereals. What kind do you usually eat?	<input type="checkbox"/> 0 Eat whole wheat bread, oatmeal, brown rice, and other whole-grains	<input type="checkbox"/> 1/2 Half the time eat white bread, white rice, and sweetened cereals	<input type="checkbox"/> 1 Usually eat white bread, white rice, and typical sweetened cereals	
10. Fruits and vegetables. How many servings of fruits, and vegetables do you usually eat daily?	<input type="checkbox"/> 0 5 or more servings/day	<input type="checkbox"/> 1/2 3-4 servings/day	<input type="checkbox"/> 1 0-2 servings/day	
11. Fats eaten. What kinds of fats do you usually eat?	<input type="checkbox"/> 0 All vegetable oils, no animal or solid fats	<input type="checkbox"/> 1/2 Use both kinds of fats	<input type="checkbox"/> 1 Mostly solid fats, butter, or hard stick margarine	
12. Smoking. Indicate your present smoking status	<input type="checkbox"/> 0 Never smoked	<input type="checkbox"/> 1/2 Ex-smoker	<input type="checkbox"/> 1 Current smoker	
13. Blood pressure. Indicate your present range. If you don't know, skip the question but get it checked.	<input type="checkbox"/> 0 Normal blood pressure, less than 120/80	<input type="checkbox"/> 1 Pre-hypertension, 120/80 to 139/89	<input type="checkbox"/> 2 High blood pressure 140/90 or higher	
14. Blood triglyceride & HDLs (mg/dL). Indicate your status. Skip if not known. If age 45+, sedentary, and overweight, you are likely at risk (mark Col. B)	<input type="checkbox"/> 0 Normal blood fat levels Trig. <150, and HDLs 45+ men, 55+ women	<input type="checkbox"/> 1 High blood fat level Trig. 150-199, or HDLs men 40-44, wom. 40-54	<input type="checkbox"/> 2 Very high blood fat level Trig. 200+, or HDLs <40	
15. Blood glucose level. Indicate your blood sugar level. If you don't know, mark normal. If age 45+ get it checked regularly. You need to know!	<input type="checkbox"/> 0 Normal blood sugar Fasting <100 mg/dL Non-fasting <140 mg/dL	<input type="checkbox"/> 8 Prediabetes Fasting 100-125 mg/dL Non-fasting 140-199	<input type="checkbox"/> 15 High or diabetic, Fasting 126+ mg/dL Non-fasting 200+ mg/dL	

Diabetes Risk Score* A low score is desirable. Mark your score 'X' on the scale.

0-----6-----12-----16-----24-----+

Low Risk

Increased Risk High Risk or Diabetes

Add scores in right column to determine your personal diabetes risk score →

*A score of 12+ indicates increased risk, 16-20+ is high risk or diabetes is present.



Preventing Diabetes

Current Trends

Diabetes is increasing at a rapid rate in the United States. In the last 10 years, rates are up 33%. Currently there are 18.2 million people with diabetes in the U.S. and unfortunately, some 5.2 million don't even know they have the problem. Another 45 million people have pre-diabetes! Over 1 million people will be diagnosed with diabetes this year¹.

Recent studies indicate that diabetes is largely preventable by adopting a healthy lifestyle. In the nurses health study (84,000 women followed for 16 years) the researchers concluded that 90% of all new cases of diabetes could have been prevented by a healthier lifestyle².

Preventive Actions You Can Take

Here are 7 key steps you can take based on this large population study and other research, to help you prevent diabetes.

- 1. Achieve and maintain a healthy weight.** Excess body fat, measured as body mass index (BMI), is the primary risk factor for diabetes. Compared to lean women (BMI <23), moderately overweight women (BMI of 25-29) were 7.6 times more likely to develop diabetes. A BMI over 30 increased the risk by 20 times, and a BMI of 35+ jumped the risk by 39 times! Risks are similar for men. Check your BMI in the chart below (height in inches, weight in pounds).

Ht in.	Lean BMI 23	Overweight BMI 25-29	Obese 1 BMI 30-34	Obese 2 BMI 35+
4' 10"	110	119-142	143-166	167+
5' 0"	118	128-152	153-178	179+
5' 2"	125	136-163	164-190	191+
5' 4"	134	145-173	174-202	203+
5' 6"	142	155-185	186-215	216+
5' 8"	151	164-196	197-229	230+
5' 10"	160	174-208	209-242	243+
6' 0"	169	184-220	221-257	258+
6' 2"	179	194-232	233-271	272+
6' 4"	189	205-245	246-286	287+

Note: "Healthy Weight" is defined as a BMI of 18.5 to 24.9. A BMI of 20-23 is ideal for most women; 21-24.9 for most men.

- 2. Get regular physical activity.** Exercise acts much like insulin in the body and is a key therapeutic action for both treatment and prevention of diabetes. Regular activity also helps weight control, normalizing of blood pressure and blood fats, and reduces insulin resistance that is so closely linked to type 2 diabetes.

The national guideline for fitness states, "Every US adult should accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week.³" Walking is one of the best activities nearly everyone can do safely. Regular activity can reduce the risk of diabetes by 25% to 50%.

- 3. Not smoking** Smoking increases the risk of diabetes. Nonsmokers had a 34% lower risk of getting diabetes².

- 4. Limit sweets, refined foods, and high glycemic index foods.** Highly refined foods are absorbed more quickly resulting in a higher insulin response. Eating heavily of these foods, termed "high glycemic index" foods, increases the risk of developing diabetes. Eat these foods sparingly. Foods of high glycemic index include:

- Sugar, sweets, most desserts
- Soda pop and sugar sweetened punch
- White rice
- Refined cereals rich in sugar
- Potatoes such as French fries
- Pastry, cookies, and most snack foods
- White bread, rolls, pancakes, etc.

- 5. Eat more high fiber foods.** Unrefined foods, high in dietary fiber, slow the absorption of carbohydrate and decrease the insulin demand. These foods protect against diabetes. It's recommended that you eat at least 15 grams of dietary fiber per 1000 calories eaten per day. That's generally 30+ grams of dietary fiber daily. Good sources of high fiber foods include:

- Whole-grain breads, oatmeal, brown rice, cereal
- Fruits: apples, bananas, berries, melons, citrus
- Vegetables: salads, greens, squash, broccoli, cabbage, tomatoes, peppers, peas, stir fry
- Legumes: peas, lentils, beans, garbanzos, soy
- Nuts and seeds

Limiting refined and high glycemic foods and eating more fiber can cut the risk of diabetes in half.

- 6. Choose healthy fats.** The Nurse's health study showed that reducing trans fats (found in foods with partially hydrogenated vegetable oils) by only 2% of calories, and replacing them with polyunsaturated fats resulted in a 40% decreased risk of getting diabetes. Avoiding saturated fat and cholesterol is also important for heart health.

- 7. Regular checkups.** The American Diabetic Association recommends testing for diabetes (a fasting blood glucose test) in all persons age 45 and older, at least once every three years. This test should be started at a younger age and checked more often in high risk persons.

Summary. Take preventive steps now. By following these positive guidelines you can lower your chances of ever developing diabetes by as much as 90%, even if you have a family history of diabetes². You will also certainly look and feel your best. Get help from your doctor, a dietitian, or health counselor as needed in making therapeutic lifestyle changes.

More Information? Visit www.Diabetes.org

References

1. American Diabetes Association web site: diabetes.org, *Facts and Figures*, 2005
2. Hu FB, et al, Diet, lifestyle, and the risk of type 2 diabetes mellitus in women, *New England Journal of Medicine* 345:790-7, Sept. 13, 2001
3. NIH, and ACSM, Physical activity and Public Health, *JAMA* 273:402-7, 1995