

Could You Have Diabetes and Not Know It?

Take the Test. Know your Score.

Take this test to see if you are at risk for having diabetes. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans, and Pacific Islanders. If you are a member of one of these ethnic groups, you need to pay special attention to this test.

Write in the points next to each statement that is true for you. If a statement is not true, put a zero. Then add your total score.

1. I am a woman who has had a baby weighing more than nine pounds at birth. **Yes 1** _____
2. I have a sister or brother with diabetes. **Yes 1** _____
3. I have a parent with diabetes. **Yes 1** _____
4. My weight is equal to or above that listed in the chart. **Yes 5** _____
5. I am under 65 years of age **and** I get little or no exercise. **Yes 5** _____
6. I am between 45 and 64 years of age. **Yes 5** _____
7. I am 65 years old or older. **Yes 9** _____

TOTAL	_____
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Scoring 10 or more points

You are at high risk for having diabetes. Only your health care provider can check to see if you have diabetes. See yours soon and find out for sure.

Scoring 3-9 points

You are probably at low risk for having diabetes now. But don't just forget about it. Keep your risk low by losing weight if you are overweight, being active most days, and eating low fat meals that are high in fruits and vegetables, and whole grain foods.



*At-Risk Weight Chart

*Body Mass Index

Height in feet and inches without shoes	Weight in pounds without clothing
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 weigh the same as or more than the amount listed for your height, you may be at risk for diabetes.

To locate a diabetes educator in your area, call

1-800-TEAMUP4
(1-800-832-6874)

For more information, call:

In Allegany County

Allegany County Dept. of Health
585-268-9250

In Cattaraugus County

Cattaraugus County Health Department
716-373-8050

In Chautauqua County

Chautauqua County Dept. of Health
716-753-4795

In Erie County

Kaleida Health Diabetes & Endocrinology
Center of WNY
716-887-4113

The Wellness Institute of Greater Buffalo

716-851-4052

Erie County Health Department

716-858-7695

Catholic Health System

716-447-6205

In Genesee County

Healthy Living at United Memorial
Medical Center
585-344-5331

In Niagara County

Niagara County Health Department
716-439-7438

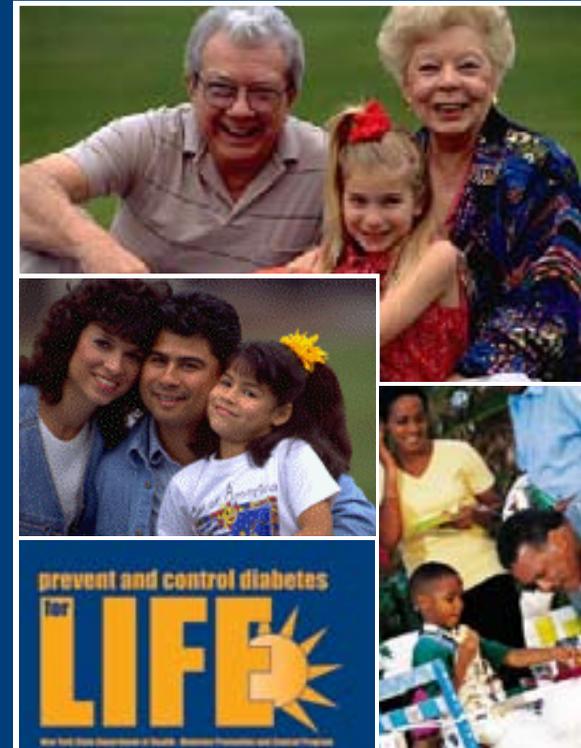
In Orleans County

Community Partners at Medina Memorial
Health Care System
585-798-6641

In Wyoming County

Wyoming County Health Department
585-786-8890

1-800-DIABETES
On the web: www.diabetes.org



The WNY Coalition for Diabetes Prevention

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Bureau of Chronic Disease

What is Diabetes?

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone needed to convert sugar, starches, and other food into energy needed for daily life. Left undiagnosed or untreated, diabetes can lead to many health problems.

Symptoms of Diabetes

- Unusual thirst
- Frequent urination
- Excessive weight loss
- Blurred vision
- Fatigue
- Wounds that don't heal



There may be no symptoms other than increased glucose (blood sugar) early in the disease. However, contact your health provider if you are experiencing any of these symptoms.

What is Pre-Diabetes?

Pre-diabetes is a condition when your glucose / sugar levels are higher than normal, but not high enough to be diabetes. If you have pre-diabetes, you are more likely to develop type 2 diabetes and its serious complications.



Thank you to The Healthy Community Alliance for brochure design

Risk Factors

Certain people are more at risk for developing diabetes. There are two types of risk factors - controllable and uncontrollable.

CONTROLLABLE

- Weight
- Physical Activity
- Diet
- High Blood Pressure



UNCONTROLLABLE

- Family history
- Gender
- Age
- Race

What you can do to prevent or control diabetes

- ▶ Eat the right amounts of healthy foods.
- ▶ Get at least 30 minutes of physical activity every day.
- ▶ Take medicines the way your doctor prescribes.
- ▶ Stay at a healthy weight.
- ▶ Learn as much as you can; be informed.

Did You Know

Diabetes is the fifth leading cause of death in the U.S.

20.8 million Americans have diabetes, although 6.2 million are undiagnosed.

About 73% of adults with diabetes have blood pressure greater than or equal to 130/80

Diabetes is the leading cause of new cases of blindness among adults aged 20- 74 years.

Complications of uncontrolled diabetes include:

- High blood pressure
- Heart disease
- Stroke
- Eye and kidney problems
- Nerve and blood vessel damage

If you have diabetes, know your ABCs!

Maintain your heart health by taking care of your blood glucose levels, blood pressure, and cholesterol. Three important numbers for you to know are:

Your A1C (Average Blood Sugar)

Suggested Goal: As close to 6% as possible

Your Blood Pressure

Suggested BP Goal: 130/80

Cholesterol

Suggested

Cholesterol Goal: LDL Below 100

Ask your health care provider

1. What are my blood glucose (sugar), blood pressure, and cholesterol numbers?
2. What should they be?
3. What actions should I take to reach these goals?

The WNY Coalition for Diabetes Prevention

Mission Statement

To effectively collaborate to promote and measure healthy lifestyles within diverse communities of Western New York for the prevention and/or management of diabetes.

Diabetes care: 10 ways to avoid complications

Seeing your doctor and dentist for regular exams and maintaining other healthy habits help minimize diabetes complications. Here are 10 ways to take an active role in your diabetes care:

1. See your doctor every three months
2. Get a yearly eye exam
3. See your dentist twice a year
4. Monitor your blood pressure
5. Don't smoke
6. Keep your vaccinations up-to-date (annual flu shot; pneumonia vaccine; tetanus, etc.)
7. Take a daily aspirin (talk with your doctor to make sure aspirin is safe for you and, if it is, to find out which strength aspirin you should take)
8. Take care of your feet
9. Monitor your blood sugar
10. Manage your stress

It all adds up to help you to live healthy with diabetes.

Help Us Learn More About Diabetes

Do you have diabetes? Yes No

Do you have relatives with diabetes? Yes No

Your ADA Assessment score (from other side) ____

Your zip code _____