

Diabetes Risk Assessment

Have you been diagnosed for diabetes? If not this is a quick quiz to see if you are at risk. Calculate the total number of points and then compare it with the assessments below.

- 1. My weight is equal or above the list on the back.**
Yes - 5pts
No - 0 pts
- 2. I am under 65 years of age and I get little or no exercise during a usual day?**
Yes - 5pts
No - 0pts
- 3. I am between 45 and 64 years of age?**
Yes - 5pts
No - 0 pts
- 4. I am a woman who has had a baby weighing more than nine pounds at birth?**
Yes - 1 pts
No - 0 pts
- 5. I am 65 years or older?**
Yes - 9pts
No - 0pts
- 6. I have a sister or brother with diabetes?**
Yes - 1pts
No - 0pts
- 7. I have a parent with diabetes?**
Yes - 1 pts
No - 0pts

Scoring 3-9 points:

You are probably at low risk for having diabetes now.

Scoring 10 or more points:

You are at greater risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next doctor's visit, find out for certain.

Please take advantage of the Somerset Co. Diabetes Services.

At - Risk Weight Chart Body Mass Index

<u>Height</u>	<u>Weight</u>
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"	193
6'1"	204
6'2"	210
6'3"	216
6'4"	221

**If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes.*

**For more information about this
FREE program call:**

**Somerset Co. Health Department
443-523-1760**

or

**Atlantic General Hospital (Health Center)
410-641-9703**

www.somersethd.org

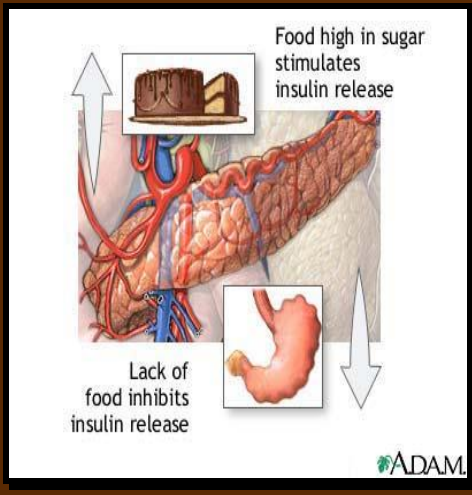
Funded by Health Resources Services and Administration (HRSA)
through Somerset County Health Department

Closing
the
GAP
ON DIABETES



FREE
Diabetes
Program

What is DIABETES?



According to the American Diabetes Association (ADA) diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

(American Diabetes Association).

Types of Diabetes

Type 1: Results from the body's failure to produce insulin.

Type 2: Results from insulin resistance (a condition in which the body fails to properly use insulin).

Pre-diabetes: is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes.

Gestational: Is high blood sugar that starts or is diagnosed during pregnancy (ADA).

Symptoms of High Blood Sugar

- ✓ Extreme thirst and hunger
- ✓ Need to urinate often
- ✓ Dry skin and mouth
- ✓ Blurry Vision

Symptoms of Low Blood Sugar

- ✓ Weak or tired
- ✓ Nervous or irritable
- ✓ Dizzy or shaky
- ✓ Sweating
- ✓ Fast heartbeat

Somerset County Health Dept. Diabetes Services

The Somerset County Health Department wants to help you manage your diabetes. We are offering an extensive program offering a variety of diabetes services. We understand the importance of diabetes management, that is why we have devised a team of healthcare professionals that will help you on this journey. These professionals will educate and encourage you to take control of your health.

Each appointment consists of:

- ✓ **FREE** Glucometer and Strips for those who qualify
- ✓ Voucher for **medications** (restrictions apply)
- ✓ **HbA1C** Finger-stick & blood glucose test
- ✓ **Blood Pressure** Screening
- ✓ ADA Risk Assessment paper test
- ✓ **Dietician Consultation**
- ✓ **Diabetes Educator**

**Requirements: Somerset or Worcester Co. residents or employee. You must be 18 years or older.*

Two Locations:

- Somerset Co. Health Dept.
- Atlantic General Hospital Health Center