

Type 2 Diabetes Risk Factors	If you answered YES - put an X here	What I will try to lower my risk
<b>Risks you CAN'T Control</b>		
1. Age: _____ Are you older than 45? Yes or No		
2. Ethnicity: Are you African American, Latino/Hispanic American, Native American, and/or Pacific Islander? Yes or No		
3. Do you have <b>family members</b> with type 2 diabetes? Yes or No		
4. Did you deliver a baby that <b>weighed 9 pounds</b> or more? Yes or No		
5. Did you ever have <b>gestational diabetes</b> ? Yes or No		
<b>Risks you <u>CAN</u> Control</b>		
1. BMI: _____ Is your BMI higher than 25? Yes or No		
2. Waist: _____ cm/inches Is your waist size that is more than 35 inches? Yes or No		
3. I do _____ minutes (total) of <b>physical activity</b> per week Do you <b>do less than 150 minutes</b> a week? Yes or No		
4. <b>Blood Pressure:</b> _____ mm Hg Is your blood pressure higher than <b>140/90</b> Yes or No		
5. <b>Total Cholesterol</b> _____ mg/dL Yes or No (more than 200 mg/dL) <b>Trigs</b> _____ mg/dL Yes or No (more than 150 mg/dL) <b>LDL</b> _____ mg/dL Yes or No (more than 100 mg/dL) <b>HDL</b> _____ mg/dL Yes or No (less than 55 mg/dL for women)		
6. Are you a <b>smoker</b> ? Yes or No		
7. <b>Have you been diagnosed with:</b> Prediabetes? Yes or No Metabolic Syndrome? Yes or No Acanthosis Nigricans? Yes or No		