

**Are you at risk for diabetes?**

Please answer yes, no or IDK (I don't know) to the following questions to find out if you're at risk for getting diabetes. **If you answer yes to three or more of the questions, please contact the CAMP department for an appointment.**

Remember, DIABETES CAN BE PREVENTED or delayed if dealt with right away so take the time to be sure it doesn't happen to you.

- Do you have family history of diabetes? \_\_\_\_\_
- Do you exercise less than 3 times per week \_\_\_\_\_
- Are you overweight? \_\_\_\_\_
- Do you have high blood sugar? \_\_\_\_\_
- Do you have pre/borderline diabetes? \_\_\_\_\_
- Do you have metabolic syndrome? \_\_\_\_\_
- Have you had gestational diabetes? \_\_\_\_\_
- Have you had a baby over 9 pounds? \_\_\_\_\_
- Have you had polycystic ovarian syndrome? \_\_\_\_\_
- Is your blood pressure greater than 130/85? \_\_\_\_\_
- Are you Alaska Native/American Indian? \_\_\_\_\_
- Are you over the age 35? \_\_\_\_\_

Thank you!