

Your Result

**Evaluation for Diabetes
Recommended**

You're at risk for undiagnosed diabetes.

Only a health care professional can diagnose diabetes. A medical evaluation is needed.

- Based on your answers, you should have simple blood test to look for diabetes.
- Based on general guidelines, your body fat is a very high risk factor. Weight management help is available if you're ready.

View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Age

High Risk 

Age

63 years old
High Risk

The risk of diabetes increases with age.

Everyone over 45 years of age should have a fasting blood sugar test done at least every 3 years. Testing should begin at a younger age in people with other risk factors.

Blood Pressure

Current

Hypertension or meds
High Risk

Recommended Goal

No hypertension
Low Risk

High blood pressure (hypertension) is a risk factor for diabetes. People with high blood pressure should:

- Maintain a healthy body weight.
- Limit daily sodium (salt) to 2,300 mg.
- Reduce alcohol use.
- Be physically active every day.
- Talk with a doctor about starting or changing blood pressure medications.

Blood Sugar Risk

Current

Unknown blood sugar
Unknown Risk

Recommended Goal

Within recommended range
Low Risk

Fasting blood sugar is a blood test that is taken after you have not eaten for 12 to 14 hours. A1C is a test that shows the average blood sugar over the past 2 to 3 months.

Keeping blood sugar within the healthy range set by a doctor is vital for overall health. A doctor can help find ways to manage blood sugar levels.

Cholesterol

Current

Unknown cholesterol
Unknown Risk

Recommended Goal

Within recommended range
Low Risk

Abnormal cholesterol is a risk factor for diabetes. People with abnormal cholesterol levels should:

- Limit the fat in food to about 25% of total calories. Reduce serving sizes of meat, desserts and food high in fat.
- Make sure to get regular physical activity. The goal should be 30 minutes per day, 5 days a week.
- Talk with a doctor about medicine to control cholesterol.

Diabetes During Pregnancy

No history of gestational diabetes
Low Risk

Diabetes that develops during pregnancy is called gestational diabetes.

About half of all women with a history of gestational diabetes go on to develop type 2 diabetes.

Weekly Exercise

Current

Equal to 75 min. (moderate)*
Moderate Risk

Recommended Goal

150 min. or more (moderate)**
Low Risk

Daily exercise and other physical activity can lower the risk of diabetes.

Regular exercise may also improve these other risk factors:

- Weight and waist size
- Blood pressure
- Cholesterol
- Blood sugar

*60 moderate + 60 vigorous = 180 min. moderate (each minute of vigorous exercise equals two minutes of moderate)

**The goal is 150 minutes of moderate exercise or an equivalent mix of moderate and vigorous minutes.

Family History

Family history of diabetes
High Risk

Having a parent, brother, or sister with diabetes increases the risk of developing the condition.

However, people can still develop diabetes even if no one in their family has it.

Sex

Female sex
Low Risk

Type 2 diabetes is diagnosed at younger age and lower weight in men than in women.

This increase in risk for men may be due to:

- Biology
- Lifestyle
- Other important sex and gender differences

Tobacco Use

Current

Tobacco-free at least 1 year
Low Risk

Recommended Goal

Tobacco-free at least 1 year
Low Risk

Tobacco use makes the risk of developing diabetes higher. The more tobacco smoked, the higher the risk.

For people who use tobacco, quitting today is one of the best things they can do for their overall health. A doctor can recommend programs or medication to quit using tobacco.

Waist Measurement

Current

34 to 48 inches
High Risk

Recommended Goal

Smaller than 31.5 inches
Low Risk

Having a large waist is a big risk factor for diabetes. It is a sign of too much body fat.

Maintaining a healthy body weight and diet can lower the risk for developing diabetes or its complications.

Goals for Asian-Americans

Asian-Americans have an increased diabetes risk at lower body weight than the rest of the general public. They also have a smaller recommended goal for waist measurement.

Your personalized goals, based on how you answered today, are shown above.

Weight

Current

280 lbs.
Very High Risk

Recommended Goal

168 lbs. or less
Low Risk

Being overweight is a big risk factor for diabetes.

Maintaining a healthy body weight and diet can lower the risk for developing diabetes or its complications.

Goals for Asian-Americans

Asian-Americans have an increased diabetes risk at lower body weight than the rest of the general public. They also have a smaller recommended goal for waist measurement.

Your personalized goals, based on how you answered today, are shown above.

Take Your Next Steps

Your answers indicate that you may be at risk. We recommend that you review these results with a provider.

[Call Me to Schedule](#)

Learn more about our range of diabetes management solutions, including prevention, diagnosis, treatment, and education.

[Learn More](#)

Take the time to review these results with a physician.

Discuss the many options available to you that can add years to your life. If you do not have a primary care provider, click here to find one that matches your needs. You may also call our Care 24/7 service at 888-888-8888 to talk to one of our referral specialists.

Our Diabetes Management Programs

To learn more about our personalized approach to diabetes care at National Health, visit nationalhealth.org. We provide a comprehensive array of services to help our community maintain and improve their health.

Thank you for participating in the DiabetesAware Risk Assessment.

NOTICE: Health assessments are based on averages from studies of large groups of people. Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

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