

Yes We Can!

Families Working Together to
PREVENT DIABETES



Risk Assessment Form

Non-invasive assessment for Pre-Diabetes/Diabetes

To find out your risk for type 2 diabetes, check each item that applies to you:

- I have a parent, brother or sister with diabetes.
- I am 45 years of age or older.
- I am overweight
- I am fairly inactive. I exercise fewer than three times a week.
- I have had gestational diabetes, or I gave birth to at least one baby weighing more than 9 pounds.
- My family background is Alaska Native, American Indian, African American, Hispanic/Latino, Asian American, or Pacific Islander.
- I am concerned that my child's weight is not healthy.
- I am concerned that my child is not active enough.

On previous testing, if you have had fasting glucose results of greater than 100 mg/dl or non-fasting glucose results of greater than 140 mg/dl, OR if you checked two or more of the boxes above, you may be at risk for pre-diabetes or diabetes. The more items you checked, the higher your risk.

“Yes We Can: Families Working Together to Prevent Diabetes” is a program offering free BMI measurements and classes for the whole family presenting nutrition and health tips, and activities that are simple and fun. Each class will consist of four sessions for the whole family. You'll participate in food tastings, cooking demonstrations, free samples and fun activities for everyone.

- Yes, I would like more information on attending classes to help make changes towards preventing and delaying the onset of diabetes.

Name Signature Date

Address (Street)

City State Zip

E-mail address Phone

Date of Birth Male Female Race: Hispanic or Latino White Asian
 Black or African American Pacific Islander
 American Indian or Alaska Native
 Two or More Races Other _____

Do you have insurance? No Medicare Medicaid Other _____
(For tracking purposes only. Your insurance will not be billed.)