

Diabetes Quiz: Do You Have Diabetes?

Now let's see if you have diabetes or are at risk for it. If you answer yes to any of these questions, you may already have diabetes or are headed in that direction.

QUESTION	RESPONSE	
	YES	NO
Do you have a family history of diabetes, heart disease, or obesity?	<input type="checkbox"/>	<input type="checkbox"/>
Are you of non-white ancestry (African, Asian, Native American, Pacific Islander, Hispanic, Indian, Middle Eastern)?	<input type="checkbox"/>	<input type="checkbox"/>
Are you overweight (BMI or body mass index over 25)? Use the BMI Chart here.	<input type="checkbox"/>	<input type="checkbox"/>
Do you have extra belly fat? Is your waist circumference greater than 35 inches for women or greater than 40 inches for men?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have sugar and refined carbohydrate cravings?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have trouble losing weight on a low-fat diet?	<input type="checkbox"/>	<input type="checkbox"/>
Has your doctor told you your blood sugar is a little high (greater than 100 mg/dl) or have you actually been diagnosed with insulin resistance, pre-diabetes or diabetes?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have high levels of triglycerides (over 100 mg/dl) or low HDL (good) cholesterol (<50 mg/dl)	<input type="checkbox"/>	<input type="checkbox"/>
Do you have heart disease?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
Are you inactive (less than 30 minutes of exercise 4 times a week)?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had gestational diabetes or polycystic ovarian syndrome?	<input type="checkbox"/>	<input type="checkbox"/>
Do you suffer from infertility, low sex drive, or sexual dysfunction?	<input type="checkbox"/>	<input type="checkbox"/>
GRAND TOTAL		