



Type 2 Diabetes

Diabetes occurs when the body does not produce or properly use insulin, a hormone needed to convert sugar, starches, and other food into the energy needed for daily life.

Type 2 diabetes, the most common form of the disease, usually develops in adults over the age of 40, but is becoming more prevalent in children and adolescents.

Risk Factors

You are more likely to get type 2 diabetes if you:

- are over age 45
- are overweight or obese
- are not physically active
- have a family history
- have high blood pressure or high cholesterol
- had gestational diabetes (diabetes during pregnancy) or gave birth to a baby weighing more than 9 pounds
- have high blood glucose levels that are higher than normal but not high enough to be called diabetes
- are African American, American Indian, Asian American, Pacific Islander, or Hispanic/Latino
- have polycystic ovary syndrome
- have dark, thick, velvety skin around your neck or armpits
- have blood vessel problems affecting your heart, brain, or legs

Symptoms

- Frequent urination especially at night
- Unusual thirst
- Unusual weight loss
- Extreme hunger
- Extreme fatigue or drowsiness
- Blurred vision
- Burning, tingling or numbness in the feet
- Recurring skin, gum, or bladder infections
- Slow healing of cuts and scratches

People with Type 2 diabetes often have no symptoms

If your blood sugar is uncontrolled, you may develop:

- kidney problems (called nephropathy)
- eye problems (called retinopathy)
- loss of feeling or pain in feet because of damage to small nerves (called neuropathy)
- heart disease, stroke, and digestive problems

Questions about Diabetes?

Call Department of Behavioral & Community Health at 845.486.3542 or owilliams@dutchessny.gov



Diabetes Risk Test

Could You Have Diabetes and Not Know It?
Take the Test. Know Your Risk.

- How old are you?
Less than 40 years (0 points)
40 - 49 years (1 point)
50 - 59 years (2 points)
60 years or older (3 points)

Write your score in the box.

- Are you a man or a woman?
Man (1 point) Woman (0 points)

- If you are a woman, have you ever been diagnosed with gestational diabetes?
Yes (1 point) No (0 points)

- Do you have a mother, father, sister, or brother with diabetes?
Yes (1 point) No (0 points)

- Have you ever been diagnosed with high blood pressure?
Yes (1 point) No (0 points)

- Are you physically active?
Yes (0 points) No (1 point)

- What is your weight status?
(See chart at right)

Add Up Your Score

Weight Status Chart

Height	Weight (lbs)		
	without clothing		
Without Shoes			
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)

If you weigh less than the amount in the left column (0 Points)

Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit diabetes.org or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.

If you scored **5 or higher**: You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander.

For more information, visit the American Diabetes Association on Facebook or at www.diabetes.org or 1-800-DIABETES