

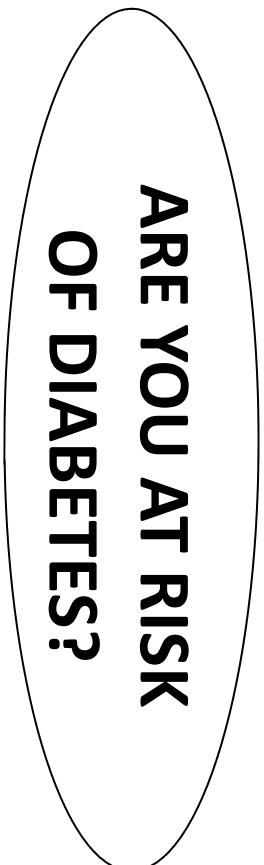
BMI CHART*

To use the chart, find the appropriate height in the left-hand column. Move across to a given weight. The number at the top of the column is the BMI at that height and weight. Pounds have been rounded off.

Example: If your height is 5'2" and your weight is 147 pounds, your BMI is 27. You are overweight.

BMI	NORMAL						OVERWEIGHT					OBESE									
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Height (ft. in.)	Body Weight (pounds)						Body Weight (pounds)					Body Weight (pounds)									
4' 10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186
4' 11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199
5' 1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206
5' 2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213
5' 3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220
5' 4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227
5' 5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234
5' 6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241
5' 7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249
5' 8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256
5' 9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263
5' 10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271
5' 11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287
6' 1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295
6' 2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303
6' 3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311
6' 4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320

*Adapted from: *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.*



Take this 5-minute Diabetes Risk Assessment Test to find out your Total Risk Score of developing type 2 diabetes within 10 years.

TYPE 2 DIABETES RISK ASSESSMENT TEST*

Answer the following by writing your points in the box provided.

Add up your points to get your Total Risk Score.

1. **AGE**

0 Under 45 years	3 55—64 years
2 45—54 years	4 Over 64 years

2. **BODY-MASS INDEX (BMI)** *Please refer to the BMI Chart at back cover.*

0 Lower than 25	1 25—30	3 Higher than 30
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3. **WAIST CIRCUMFERENCE (WC)** *Use a tape measure to get your WC: measure below the ribs, at the level of the navel.*

MEN	WOMEN
0 Less than 94 cm	Less than 80 cm
3 94—102 cm	80—88 cm
4 More than 102 cm	More than 88 cm

4. **PHYSICAL ACTIVITY** *Do you have at least 30 minutes daily of physical activity at work and/or during leisure time?*

0 Yes	2 No
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5. **DIET** *How often do you eat vegetables and fruits?*

0 Everyday	1 Not everyday
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6. **BLOOD PRESSURE** *Have you ever taken medication for high blood pressure on regular basis?*

0 No	2 Yes
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7. **BLOOD SUGAR** *Have you ever been found to have high blood sugar (for example, in a health examination, during an illness, during pregnancy)?*

0 No	5 Yes
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8. **FAMILY HISTORY** *Have any of the members of your immediate family or other relatives have been diagnosed with diabetes (type 1 or type 2)?*

0 No
3 Yes: grandparent, aunt, uncle or first cousin (but not own parent, brother, sister or child)
5 Yes: parent, brother, sister or own child

TOTAL RISK SCORE

My risk of developing type 2 diabetes within 10 years is...

<i>(Lower than 7)</i>	...LOW	Estimated 1 in 100 will develop diabetes
<i>(7—11)</i>	...SLIGHTLY ELEVATED	Estimated 1 in 25 will develop diabetes
<i>(12—14)</i>	...MODERATE	Estimated 1 in 6 will develop diabetes
<i>(15—20)</i>	...HIGH	Estimated 1 in 3 will develop diabetes
<i>(Higher than 20)</i>	...VERY HIGH	Estimated 1 in 2 will develop diabetes

If you scored 12—14 points: You are advised to seriously consider your physical activity and eating habits and pay attention to your weight, to prevent yourself from developing diabetes.

If you scored 15 points or more: You should have your blood glucose measured to determine if you have diabetes.

For diabetes consultation, please visit:

Diabetes Clinic

*2nd Floor, Davao Medical Center-JICA Building,
J.P. Laurel St., Davao City.*

The **Diabetes Risk Assessment Test** is part of the IEC campaign of the Diabetes Project. The **Diabetes Project** aims to build local capacities through an integrated approach for the prevention, control and management of complications and disabilities linked to diabetes.

Implementation of the Diabetes Project is spearheaded by Handicap International (HI), in partnership with Davao City Health Office (CHO), Davao Jubilee Foundation for the Rehabilitation of the Disabled, Inc. (DJFRD), Davao Medical Center (DMC), and Davao Sugar Multipurpose Cooperative (DASUMULCORE).

**HANDICAP
INTERNATIONAL**

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*Adapted from: *Implementation of Type 2 Diabetes Prevention Plan*, Finnish Diabetes Association, 2006.