

DIABETES RISK ASSESSMENT

1.	Father has Diabetes Mellitus	
2.	Mother has Diabetes Mellitus	
3.	Siblings have Diabetes Mellitus	
4	Children have Diabetes Mellitus	
5	Obesity	
6	Living in Urban Area	
7	PCOD (For women)	
8	Using Oral Contraceptive pills (For women)	
9	Smoking	
10	Alcoholism	
11	Hypertension	
12	Coronary Artery Disease	
13	Deranged Lipid profile (Cholesterol)	
14	Sedentary Life Style	
15	Increased waist Circumference	
16	Indian Ethnicity	
17	History of High blood Sugar level in pregnancy (Women)	
18	Known hypo- or Hyperthyroidism	
19	Are you a foodie?	

Total Score :

For Men : If you Score ≥ 5 , then you should evaluate yourself for Diabetes Mellitus as soonest.

For Women : : If you Score ≥ 6 , then you should evaluate yourself for Diabetes Mellitus as soonest.