

<b>Risk Test</b>	<b>Yes</b>	<b>Points</b>
I had a baby weighing more than 9 pounds at birth OR I had gestational diabetes	1	
I have a sister or brother with diabetes	1	
I have a parent with diabetes	1	
I am overweight	5	
I am younger than 65 years of age AND get little or no exercise in a typical day	5	
I am between 45 and 64 years of age	5	
I am 65 years of age or older	9	

If you have 9 or more points you qualify for the Smart Moves program.

**Total** \_\_\_\_\_