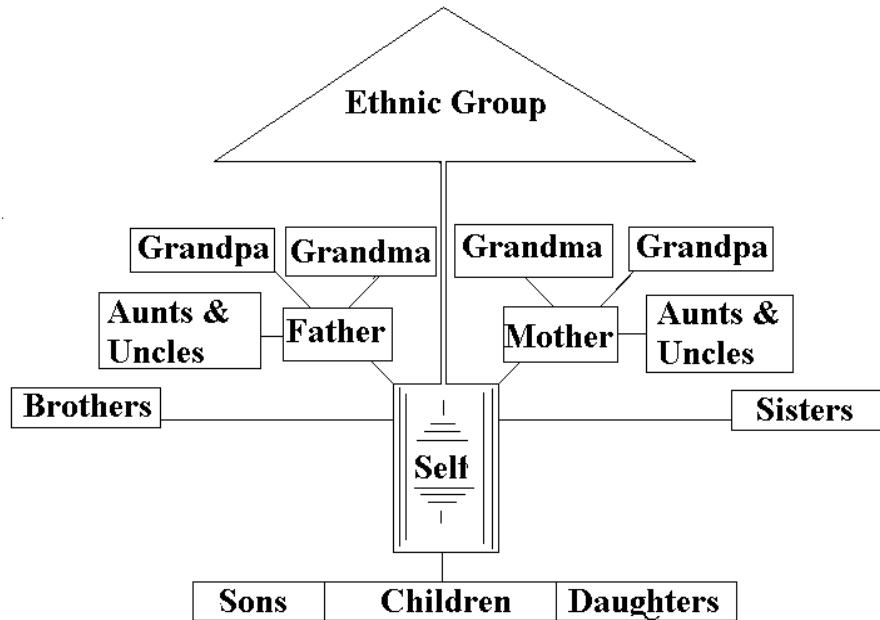


# Diabetes Family Risk Tree



**Instructions:**

- Add one point for each relative who you know had diabetes. \_\_\_\_\_
- Add one point for Hispanic, Native American, Asian, or Black ethnicity \_\_\_\_\_
- Add one point if you are over weight \_\_\_\_\_
- Add one point if you are over 40 years old \_\_\_\_\_

**Total Points:** \_\_\_\_\_

**Results:** if your score is 3 or higher, you could be at risk for developing diabetes. We urge you to get tested at any doctor's office or clinic. No fear! With today's treatments diabetes is easier than ever to control.

**DIABETES T.E.S.T. TEAM**  
**Pecos Valley Medical Center, Inc.**  
**505-757-6482**