

Diabetes Risk Assessment at UHC

Millions of Americans are at moderate to high risk for type II diabetes and don't realize it.

Risk factors for type II diabetes include:

- family history of the condition,
- lack of exercise,
- poor dietary habits,
- being overweight,
- or being of certain ethnic background (especially African American, Latino, Native American, Asian American or Pacific Islander).

Take a Self Assessment

To better assess your risk for diabetes, take the American Diabetes Association's self-assessment risk test at <http://www.diabetes.org/risk>.

Please make an appointment

Make an appointment with the Health Center at **540.568.6178** to discuss your results, evaluate your risk and create a plan to combat the onset of diabetes.



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