

Diabetes Risk Assessment Tool

Instructions

By answering the following questions you will be able to calculate your risk of type 2 diabetes in the next 5 years. Keep a record of your score as you go, and add the points at the end of the assessment to obtain your score. Check your score against the three possible point ranges:

5 or less: Low risk

6 - 11: Intermediate risk

12 or more: High risk

Your age group

<input type="checkbox"/> Under 35 years	0 points
<input type="checkbox"/> 35-44 years	2 points
<input type="checkbox"/> 45-54 years	4 points
<input type="checkbox"/> 55-64 years	6 points
<input type="checkbox"/> 65 years or over	8 points

Your gender

<input type="checkbox"/> Female	0 points
<input type="checkbox"/> Male	3 points

Your ethnicity/country of birth:

Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

<input type="checkbox"/> No	0 points
<input type="checkbox"/> Yes	2 points

Where were you born?

<input type="checkbox"/> Australia	0 points
<input type="checkbox"/> Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe	2 points
<input type="checkbox"/> Other	0 points

Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes?

<input type="checkbox"/> No	0 points
<input type="checkbox"/> Yes	3 points

Have you ever been found to have high blood glucose (sugar)?

<input type="checkbox"/> No	0 points
<input type="checkbox"/> Yes	6 points

Are you currently taking medication for high blood pressure?

<input type="checkbox"/> No	0 points
<input type="checkbox"/> Yes	2 points

SUB TOTAL

5 or less: Low risk

If you scored 5 or less you are at low risk of developing type 2 diabetes within 5 years - approximately one person in every 100 will develop type 2 diabetes.

6 - 11: Intermediate risk

If you scored 6 to 11 you are at intermediate risk of developing type 2 diabetes within 5 years - for scores of 6 to 8, approximately one person in every 50 will develop diabetes. For scores of 9-11, approximately one person in every 30 will develop diabetes. Print this form and take it to your doctor. Discuss with the doctor your score and your individual risk. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

12 or more: High risk

If you scored 12 or more you are at high risk of developing type 2 diabetes within 5 years or you may have undiagnosed type 2 diabetes. For scores of 12-15, approximately one person in every 14 will develop diabetes. For scores of 16 to 19, approximately one person in every 7 will develop diabetes. For scores of 20 and above, approximately one person in every 3 will develop diabetes. Print this form and take it to your doctor. Ask your doctor about having a fasting blood glucose test. Act now to prevent type 2 diabetes.

Do you currently smoke cigarettes or any other tobacco products on a daily basis?

No 0 points

Yes 2 points

How often do you eat vegetables or fruit?

Every day 0 points

Not every day 1 point

On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?

Yes 0 points

No 2 points

Your waist measurement taken below the ribs (usually at the level of the navel, and while standing)

The correct place to measure your waist is halfway between your lowest rib and the top of your hipbone, roughly in line with your navel. Measure directly against your skin, breathe out normally, make sure the tape is snug, without compressing the skin. Make a note of your waist measurement and score as below.

For those of Asian or Aboriginal or Torres Strait Islander descent:

Men

Less than 90 cm 0 points

90-100 cm 4 points

More than 100 cm 7 points

Women

Less than 80 cm 0 points

80-90 cm 4 points

More than 90 cm 7 points

For all others (i.e. not of Asian or Aboriginal or Torres Strait Islander descent:)

Men

Less than 102 cm 0 points

102-110 cm 4 points

More than 110 cm 7 points

Women

Less than 88 cm 0 points

88-100 cm 4 points

More than 100 cm 7 points

TOTAL