

# Type 2 Diabetes Risk Test

Circle one answer for each question and add up your points:

## 1. Your age

- Under 45 years 0 points
- 45-54 years 2 points
- 55-64 years 3 points
- Over 64 years 4 points

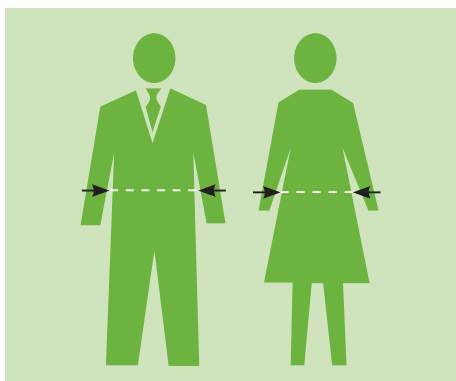
## 2. Your body mass index

(See reverse of form)

- Lower than 25 kg/m<sup>2</sup> 0 points
- 25-30 kg/m<sup>2</sup> 1 point
- Higher than 30 kg/m<sup>2</sup> 3 points

## 3. Your waist measurement taken below the ribs (usually at the level of the navel)

- | MEN              | WOMEN           |          |
|------------------|-----------------|----------|
| Less than 94 cm  | Less than 80 cm | 0 points |
| 94-102 cm        | 80-88 cm        | 3 points |
| More than 102 cm | More than 88 cm | 4 points |
- \* See [www.diabetesaction.com.au](http://www.diabetesaction.com.au) for other ethnic specific values



## 4. On average, would you say you did at least 30 minutes of physical activity per day, either at work, at home, or during leisure time?

- Yes 0 points
- No 2 points

## 5. How often do you eat vegetables or fruit?

- Every day 0 points
- Not every day 1 point

## 6. Have you ever taken medication for high blood pressure on a regular basis?

- No 0 points
- Yes 2 points

## 7. Have you ever been found to have high blood glucose (eg in a health examination, during an illness, during pregnancy)?

- No 0 points
- Yes 5 points

## 8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)? (maximum of 5 points)

- No 0 points
- Yes: grandparent, aunt, uncle, or first cousin (but not own parent, brother, sister or child) 3 points
- Yes: parent, brother, sister or own child 5 points

Total Risk Score:

Your risk of developing type 2 diabetes within ten years is:

### Less than 7: low risk

Approximately one in every 100 will develop disease.

### 7 – 14: intermediate risk

For scores of 7-11 approximately one person in every 25 develops disease and for scores of 12-14 approximately one person in every six develops disease.

### 15 or more: high risk

For scores of 15-20 approximately one person in every three develops disease and for scores of more than 20 approximately one person in every two develops disease.

Please Turn Over

Test based on design by Professor Jaakko Tuomilehto, Department of Public Health, University of Helsinki, and Jaana Lindström, MFS, National Public Health Institute, Finland, 2001

For more information or assistance with this risk test phone:

**Helpline 1300 136 588**

or visit:

[www.dav.org.au](http://www.dav.org.au)

[www.diabetesaction.com.au](http://www.diabetesaction.com.au)

[www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

## What can you do to lower your risk of developing type 2 diabetes?

Your lifestyle choices can prevent, or at least, delay the onset of type 2 diabetes.

You cannot change risk factors like age and your genetic background. You *can* do something about being overweight, your waist measurement, how active you are, eating habits, or smoking.

If there is type 2 diabetes in your family, you should be careful not to put on weight, especially around your waist. Reducing your waist reduces your risk of type 2 diabetes.

By increasing your physical activity and improving your eating habits you can lower your risk. Eat plenty of vegetables and high fibre cereal products every day and use a minimum amount of fats and oils. Monounsaturated oils, such as olive or canola oil, are the best choice.

You can have type 2 diabetes and not know it because there may be no obvious symptoms.

**If you scored 7-14 points in the Risk Test you may have undiagnosed type 2 diabetes or be at increased risk of developing type 2 diabetes.**

Discuss your score and your individual risk with your doctor. Committing to improving your lifestyle may help reduce your risk of developing type 2 diabetes.

**If you scored 15 points or more in the Risk Test you are in the high risk group.**

See your doctor and ask to have a fasting blood glucose test. Act now to prevent type 2 diabetes.

## Body Mass Index

The Body Mass Index (BMI) is a measure to check whether a person is in a healthy weight range or not. Your BMI can be calculated by using the chart below. Select your height and then move along the row to your weight. Where your height and weight meet is your calculated BMI. Alternatively you can divide your weight (kilograms) by your height (metres) squared.

## Body Mass Index Chart - work out your BMI

*An example has been included for a person weighing 74 kgs and 170 cms tall. Their BMI is 26.*

200	13	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34																														
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**If your BMI is between 25-30 you would benefit from losing weight.  
If your BMI is over 30 you should lose weight.**