

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

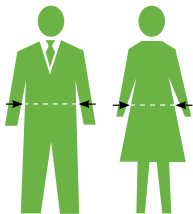
1 Your age

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 ²	0 points
25–30 kg/m ²	1 point
Higher than 30 kg/m ²	3 points

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



Men

Less than 94cm	0 points
94cm – 102cm	3 points
More than 102cm	4 points

Women

Less than 80cm	0 points
80cm – 88cm	3 points
More than 88cm	4 points

The test has not been validated in Aboriginal and Torres Strait Islander people and culturally and linguistically diverse groups.

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 – continue to maintain your healthy lifestyle

Approximately one in every 100 will develop diabetes.

7–14: Intermediate risk – talk to your doctor about preventing diabetes

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

15 or more: High risk – make an appointment today to see your doctor

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

PLEASE TURN OVER

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.

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.

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. 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.

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.

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What to do next

Diabetes is preventable!

You have scored more than 7 on the diabetes risk test. This means that you are at higher risk of getting type 2 diabetes

Act now to reduce your risk of type 2 diabetes!

1. Make an appointment to see your doctor.
2. Take along your completed diabetes risk test and this information sheet.
3. Discuss your score with your doctor. Your doctor or practice nurse may want to work through the diabetes risk test with you to check your score.
4. Your doctor may order a fasting blood glucose test to make sure that you do not have diabetes. If you have had this test in the last 12 months you will not need to repeat it.

The test is ordered because there is a chance that you could already have diabetes. Many people in Australia have diabetes and do not know it. It is very important to find out whether you have diabetes and do something about it.

Your doctor may order a Glucose Tolerance Test if your glucose test is abnormal. This is like a stress test for diabetes.

5. Once you know the result of the fasting blood glucose test, you and your doctor or practice nurse can check your diabetes risk test score (question 7) again.
6. If you do not have diabetes, your risk score is confirmed as being 15 or above, and you live in the North West region of Melbourne, Barwon South West or the Gippsland area ask your doctor to refer you to a Life! course.

Life! is a six session diabetes lifestyle behaviour change modification course delivered by trained health professionals. Your doctor can refer you to a Life! course by completing the [referral form](#) and faxing it to 9667 1778.

If you do not live in the North or West metropolitan area, Barwon South West or Gippsland regions ask your GP for advice on diabetes prevention or referral to a diabetes prevention program in your area. They may be available through your local division of general practice, a diabetes educator, the community health centre or local hospital which you can search for at www.betterhealth.vic.gov.au or the 'Go for your Life' website www.goforyourlife.vic.gov.au

7. If you were found to have diabetes your doctor will organise further follow up and treatment. If you would like more information about diabetes, phone the helpline on 1300 136 588 or visit the website www.diabetesvic.gov.au.

*Extract from Diabetes Australiavic
<http://www.diabetesvic.org.au/>*