

TYPE 2 DIABETES RISK ASSESSMENT FORM

Circle the right alternative and add up your points.

1. Age

- 0 p. Under 45 years
 2 p. 45–54 years
 3 p. 55–64 years
 4 p. Over 64 years

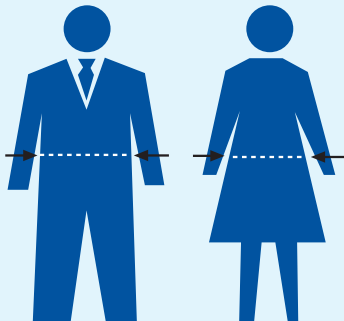
2. Body-mass index

(See reverse of form)

- 0 p. Lower than 25 kg/m²
 1 p. 25–30 kg/m²
 3 p. Higher than 30 kg/m²

3. Waist circumference measured below the ribs (usually at the level of the navel)

- | | MEN | WOMEN |
|------|------------------|-----------------|
| 0 p. | Less than 94 cm | Less than 80 cm |
| 3 p. | 94–102 cm | 80–88 cm |
| 4 p. | More than 102 cm | More than 88 cm |



4. Do you usually have daily at least 30 minutes of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
 2 p. No

5. How often do you eat vegetables, fruit or berries?

- 0 p. Every day
 1 p. Not every day

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

- 0 p. No
 2 p. Yes

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

- 0 p. No
 5 p. Yes

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

- 0 p. No
 3 p. Yes: grandparent, aunt, uncle or first cousin (but no own parent, brother, sister or child)
 5 p. Yes: parent, brother, sister or own child

Total Risk Score



The risk of developing type 2 diabetes within 10 years is

- | | |
|----------------|--|
| Lower than 7 | Low: estimated 1 in 100 will develop disease |
| 7–11 | Slightly elevated: estimated 1 in 25 will develop disease |
| 12–14 | Moderate: estimated 1 in 6 will develop disease |
| 15–20 | High: estimated 1 in 3 will develop disease |
| Higher than 20 | Very high: estimated 1 in 2 will develop disease |

Please turn over