

The Diabetes Risk Test

1. Your age group

- Under 35 years 0 points
- 35 – 44 years 2 points
- 45 – 54 years 4 points
- 55 – 64 years 6 points
- 65 years or over 8 points

2. Your gender

- Female 0 points
- Male 3 points

3. Your ethnicity/country of birth:

3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

- No 0 points
- Yes 2 points

3b. Where were you born?

- Australia 0 points
- Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe 2 points
- Other 0 points

4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?

- No 0 points
- Yes 3 points

5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?

- No 0 points
- Yes 6 points

6. Are you currently taking medication for high blood pressure?

- No 0 points
- Yes 2 points

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

- No 0 points
- Yes 2 points

8. How often do you eat vegetables or fruit?

Everyday 0 points

Not everyday 1 point

9. 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

10. Your waist measurement taken below the ribs (usually at the level of the navel)?

Waist measurement (cm)

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

Men

Women

Less than 90 cm Less than 80 cm 0 points

90 – 100 cm 80 – 90 cm 4 points

More than 100 cm More than 90 cm 7 points

For all others:

Men

Women

Less than 102 cm Less than 88 cm 0 points

102 – 110 cm 88 – 100 cm 4 points

More than 110 cm More than 100 cm 7 points

Add up your points

Your risk of developing type 2 diabetes within 5 years:*

5 or less: Low risk

Approximately one person in every 100 will develop diabetes.

6–11: Intermediate risk

For scores of 6–8, approximately one person in every 50 will develop diabetes. For scores of 9–11, approximately one person in every 30 will develop diabetes.

12 or more: High risk

For scores of 12–15, approximately one person in every fourteen will develop diabetes. For scores of 16–19, approximately one person in every 7 will develop diabetes. For scores of 20 and above, approximately one person in every three will develop diabetes.

If you scored 12 or more points, it is important that you discuss your score with your doctor.

*The overall score may overestimate the risk of diabetes in those aged less than 25 years.

If you scored 6–11 points in the AUSDRISK you may be at increased risk of type 2 diabetes. Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes. If you scored 12 points or more in the AUSDRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease. Act now to prevent type 2 diabetes.

call 13 RISK (13 7475)

visit www.diabetesrisk.org.au