

act now to reduce your risk of type 2 diabetes

Trim your waist

Carrying extra weight around your waist increases your risk of type 2 diabetes.

Healthy waist measurements are:

Men – less than 102cm
Women – less than 88cm

Eat well

Cut down on foods high in fat, salt and sugar and watch your portion size. Aim for 2 serves of fruit and 5 serves of vegetables each day.

Get moving

Look for ways to be more active every day. Aim for at least 30 minutes of physical activity each day.

The Australian Type 2 Diabetes Risk Assessment Tool was developed by Baker IDI Heart and Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the COAG initiative to reduce the risk of type 2 diabetes. It is reproduced by permission of the Australian Government.

know the **SCORE** know your risk

Did you know?

A weight loss of one kilogram can reduce your risk of diabetes by up to 16 per cent.

Act now!

See your **doctor**

Call 1300 136 588

Visit www.diabetesqld.org.au

Email health@diabetesqld.org.au



know the **SCORE** know your risk



are you at risk of type 2 diabetes?

Complete this 5 minute
questionnaire to find out.



The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

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 and over (+8 points)

2. Your gender

- Female (+0 points) Male (+3 points)

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)
- Middle East, North Africa, Southern Europe, Asia (Including the Indian sub-continent) (+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 or 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?

- Every day (+0 points) Not every day (+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 and while standing)

Waist measurement (cm)

For those of Asian, Aboriginal or Torres Strait Islander descent

- | Men | Women | |
|--|----------------|-------------|
| <input type="checkbox"/> Less than 90cm | Less than 80cm | (+0 points) |
| <input type="checkbox"/> 90 – 100cm | 80 – 90cm | (+4 points) |
| <input type="checkbox"/> More than 100cm | More than 90cm | (+7 points) |

For all others

- | Men | Women | |
|--|-----------------|-------------|
| <input type="checkbox"/> Less than 102cm | Less than 88cm | (+0 points) |
| <input type="checkbox"/> 102 – 110cm | 88 – 100 cm | (+4 points) |
| <input type="checkbox"/> More than 110cm | More than 100cm | (+7 points) |

what's your score?

Add up all your points and record your score in the box

if you score...

5 or less

You are at **LOW** risk of type 2 diabetes. Continue to maintain a healthy lifestyle in order to stay at low risk.

6-11

You are at **MODERATE** risk of type 2 diabetes. Discuss your score and your individual risk factors with your doctor.

12 or more

You are at **HIGH** risk of type 2 diabetes or you may already have undiagnosed diabetes. See your doctor as soon as possible about a fasting blood glucose test.