

Am I at risk of type 2 diabetes?

Answer these questions to find out if you could develop type 2 diabetes

1. How old are you?

- 18 – 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. Are you male or female?

- Female 0 points
- Male 3 points

3. Your ethnicity/country of birth

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

- No 0 points
- Yes 2 points

3. Where were you born?

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

4. Do you have a parent, brother or sister with diabetes (type 1 or 2)?

- No 0 points
- Yes 3 points

5. Have you ever been told you have high blood sugar (glucose)? (in a health assessment, when you've been sick, or pregnant)

- No 0 points
- Yes..... 6 points

6. Do you take medicine for high blood pressure?

No 0 points

Yes 2 points

7. Do you smoke every day?

No 0 points

Yes 2 points

8. Do you eat vegetables or fruit everyday?

Yes 0 points

No 1 points

9. Do you exercise for 30 minutes on most days?

Yes 0 points

No 2 points

10. What is your clothing size (or measure around your belly button)

Men

Small (less than 102cm) 0 points

Medium (102 – 110cm) 4 points

Large (more than 110cm) 7 points

Women

Size 10 (less than 88cm) 0 points

Size 12 (88 – 100cm) 4 points

Size 14 (more than 100cm) 7 points

Add up your score

What your score means

Your score shows how likely you are to develop type 2 diabetes within 5 years.

If you scored **12 or more** you are at **high risk** of developing type 2 diabetes.

6 – 11 — medium risk

5 or less — low risk

This has been adapted from the Australian Type 2 Diabetes Risk Assessment Tool which was originally developed by the International Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the COAG Diabetes reducing the risk of type 2 diabetes initiative.