

## 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

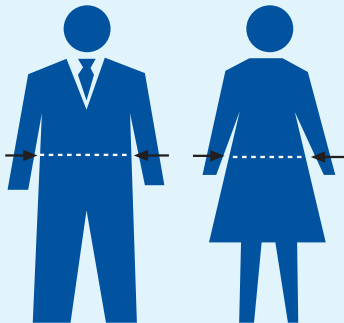
### 2. Body-mass index

(See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p. 25–30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

### 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

## WHAT CAN YOU DO TO LOWER YOUR RISK OF DEVELOPING TYPE 2 DIABETES?

You can't do anything about your age or your genetic predisposition. On the other hand, the rest of the factors predisposing to diabetes, such as overweightness, abdominal obesity, sedentary lifestyle, eating habits and smoking, are up to you. Your lifestyle choices can completely prevent type 2 diabetes or at least delay its onset until a much greater age.

If there is diabetes in your family, you should be careful not to put on weight over the years. Growth of the waistline, in particular, increases the risk of diabetes, whereas regular moderate physical activity will lower the risk. You should also pay attention to your diet: take care to eat plenty of fibre-rich cereal products and vegetables every day. Omit excess hard fats from your diet and favour soft vegetable fats.

Early stages of type 2 diabetes seldom cause any symptoms. If you scored 12–14 points in the Risk Test, you would be well advised to seriously consider your physical activity and eating habits and pay attention to your weight, to prevent yourself from developing diabetes. Please contact a public-health nurse or your own doctor for further guidance and tests.

If you scored 15 points or more in the Risk Test, you should have your blood glucose measured (both fasting value and value after a dose of glucose or a meal) to determine if you have diabetes without symptoms.

### BODY-MASS INDEX

The body-mass index is used to assess whether a person is normal weight or not. The index is calculated by dividing body weight (kg) by the square of body height (m). For example, if your height is 165 cm and your weight 70 kg, your body-mass index will be  $70/(1.65 \times 1.65)$ , or 25.7.

If your body-mass index is 25–30, you will benefit from losing weight; at least you should take care that your weight doesn't increase beyond this. If your body-mass index is higher than 30, the adverse health effects of obesity will start to show, and it will be essential to lose weight.

### BODY-MASS INDEX CHART

