

## DIABETES RISK SCORE

### 1. How old are you?

- A. 49 or younger [0]
- B. 50-59 [5]
- C. 60-69 [9]
- D. 70 or older [13]

### 2. Are you male or female?

- A. Female [0]
- B. Male [1]

### 3. What is your ethnic background?

- A. Only white European [0]
- B. Other ethnic group [6]

### 4. Do you have a father, mother, brother, sister or own child with Type 1 or Type 2 diabetes?

- A. Yes [5]
- B. No [0]

### 5. Measure the person's waist circumference and choose the range:

- A. <90cm (35.3in) [0]
- B. 90-99.9cm (35.4-39.3in) [4]
- C. 100-109.9cm (39.4in-42.9in) [6]
- D. 110cm (43in) or above [9]

### 6. Calculate the person's Body Mass Index (BMI) and choose the range (a BMI chart can be used)

- A. <25 [0]
- B. 25.29.9 [3]
- C. 30-34.9 [5]
- D. 35 or above [8]

### 7. Have you been given medicine for high blood pressure or told that you have high blood pressure by your doctor?

- A. Yes [5]
- B. No [0]

Your score is: \_\_\_\_\_ points

<b>Risk Level</b>	<b>Chances of having Type 2 diabetes now</b>	<b>Chances of high blood glucose now, meaning risk of Type 2 in 10 years</b>	<b>What you need to do</b>
<b>0-6 points (Low risk)</b>	<b>1 in 200</b>	<b>1 in 20</b>	<b>Keep up the good work, make lifestyle adjustments to further reduce risk.</b>
<b>7-15 points (increased risk)</b>	<b>1 in 50</b>	<b>1 in 10</b>	<b>Make lifestyle changes</b>
<b>16-24 points (Moderate risk)</b>	<b>1 in 33</b>	<b>1 in 7</b>	<b>See your GP to discuss your risk and how to reduce it.</b>
<b>25 or more points (High risk)</b>	<b>1 in 14</b>	<b>1 in 3</b>	<b>See your GP as soon as possible for a blood test.</b>

**This risk score was conducted by \_\_\_\_\_ (name) on \_\_\_\_\_  
(DD/MM/YY)**