

# Am I at risk of type 2 diabetes?



Answer these questions to find out if you could develop type 2 diabetes. Take the form to your health worker or doctor.

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

- No  0 points  
Yes  2 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 had a high sugar (blood glucose) reading?

(in a health check, when you've been sick or when 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 every day?

- Yes  0 points  
No  1 point

## 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 clothing size (less than 90cm)  0 points  
Medium clothing size (90 – 100cm)  4 points  
Large clothing size (more than 100cm)  7 points

### Women

- Clothing size 10 (less than 80cm)  0 points  
Clothing size 12 (80 – 90cm)  4 points  
Clothing size 14 (more than 90cm)  7 points

**Add up your score:**

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## What your score means

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

<b>12 or more</b>	<b>HIGH RISK</b>
6 – 11	MEDIUM RISK
5 or less	LOW RISK

If you scored 12 or more you may already have type 2 diabetes — or you may develop it soon.

## What to do now

- 1) Take the form to your health worker or doctor and talk about diabetes
- 2) Have a health check — and check for diabetes

## What is type 2 diabetes?

If you have diabetes, there is too much sugar (glucose) in your blood. This can make you feel unwell. But you can have diabetes and not know it. Some people with diabetes may not feel any different than usual.

You need to know if you already have diabetes, because people with diabetes are more likely to have a heart attack or stroke — sometimes at a young age.

Talk to your health team. They can help.

## You CAN lower your chance of getting diabetes

Talk to your health team about how to prevent diabetes. By eating well and being more active, you can stay healthy and stop yourself from getting diabetes.

Road to Good Health is a program for Aboriginal and Torres Strait Islander communities that helps people make healthy food choices and be more active.

## For more information

**Diabetes Victoria Infoline**

**Phone: 1300 KOORIE (1300 566 743)**