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

12 or more  HIGH RISK
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 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.

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

For more information
Diabetes Victoria Infoline
Phone: 1300 KOORIE (1300 566 743)