1. Your age group:
- Under 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. Your gender
- Female: 0 points
- Male: 3 points

3. Your ethnicity/country of birth:
   a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?
      - No: 0 points
      - Yes: 2 points
   b. Where were you born?
      - Australia: 0 points
      - Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe: 2 points
      - Other: 0 points

4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?
   - No: 0 points
   - Yes: 3 points

5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?
   - No: 0 points
   - Yes: 6 points

6. Are you currently taking medication for high blood pressure?
   - No: 0 points
   - Yes: 2 points

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?
   - No: 0 points
   - Yes: 2 points

8. How often do you eat vegetables or fruit?
   - Everyday: 0 points
   - Not everyday: 1 point

9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?
   - Yes: 0 points
   - No: 2 points

10. Your waist measurement taken below the ribs (usually at the level of the navel, and while standing):
    - Waist measurement (cm)
      - For those of Asian or Aboriginal or Torres Strait Islander descent:
        - Men: Less than 90 cm, Women: Less than 80 cm: 0 points
        - Men: 90 – 100 cm, Women: 80 – 90 cm: 4 points
        - Men: More than 100 cm, Women: More than 90 cm: 7 points
      - For all others:
        - Men: Less than 102 cm, Women: Less than 88 cm: 0 points
        - Men: 102 – 110 cm, Women: 88 – 100 cm: 4 points
        - Men: More than 110 cm, Women: More than 100 cm: 7 points

Add up your points

Your risk of developing type 2 diabetes within 5 years*:
- 5 or less: Low risk
- 6 – 11: Intermediate risk
- 12 or more: High risk

What can I do now?
If you scored 12 or higher on the above test you may be eligible to enter the Life! program, a program that shows you how to adopt a healthier lifestyle to decrease your risk of developing type 2 diabetes, heart disease and stroke. Please see overleaf for more information on the Life! program, call us on 13 RISK (13 7475) or visit www.lifeprogram.org.au.

* The overall score may overestimate the risk of diabetes in those aged less than 25 years.