

**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)? For those of Aboriginal or Torres Strait Islander descent:**

Men	Women		
Less than 90 cm	Less than 80 cm	<input type="checkbox"/>	0 points
90 – 100 cm	80 – 90 cm	<input type="checkbox"/>	4 points
More than 100 cm	More than 90 cm	<input type="checkbox"/>	7 points

**Add up your score**

**Did you score 12 or more?**

If you scored 12 or more you are at high risk of developing type 2 diabetes in the next five years. It is very hard to reduce your risk on your own, but the Road to Good Health course can help you be successful.



**Choose the Road to Good Health course**

The Road to Good Health course is a type 2 diabetes prevention program for Aboriginal people and your families, run by Aboriginal health workers and services. It helps you get off the road to type 2 diabetes and onto the road to good health.

The course is free, run in your local community and you can do it with a friend or family member.

**Get more information**

If you are at high risk of type 2 diabetes, contact your doctor or Aboriginal health worker today.

Your local health provider is

570 Elizabeth Street  
Melbourne Victoria 3000  
t 03 8648 1880  
f 03 9667 1757

**1300 KOORIE  
(1300 566 743)**

e life@diabetesvic.org.au  
w www.diabetesrisk.org.au  
ABN 71 005 239 510

**Life!**

Taking Action on Diabetes



**Come and join  
us on the Road  
to Good Health**



## Type 2 diabetes is serious

- Type 2 diabetes is serious and there is **no cure**.
- People with diabetes are at risk of developing a range of health problems including **heart disease, stroke, kidney failure, blindness and amputation**.
- The rate of diabetes among Aboriginal Australians is over three times that of non-Aboriginal Australians.

## Are you on the right road?

- Feeling a bit flat or out of energy?
- Want to improve your health?
- Need to lose weight or improve your fitness?

## Come and join us on the road to good health

- This new **free** program helps you choose a healthier lifestyle so you can be strong for your family and your community.
- The changes you make during the course will help reduce your risk of type 2 diabetes and other problems such as heart disease and high blood pressure.



## What you would learn

- How different foods can give you different amounts of energy.
- What food is good, cheap and easy.
- Why choosing less fat helps your heart.
- How to maintain a healthy weight.
- How sugar affects your body.
- What to look for on a food label.
- How to get active and stay on track.
- How different food affects your health.

## How the course works

- There are no lectures.
- The course isn't a one size fits all – it is tailored to you and your group's needs.

# Type 2 Diabetes Risk Assessment Tool for Aboriginal Victorians

### 1. Your age group?

- |                  |                          |          |
|------------------|--------------------------|----------|
| Under 35 years   | <input type="checkbox"/> | 0 points |
| 35 – 44 years    | <input type="checkbox"/> | 2 points |
| 45 – 54 years    | <input type="checkbox"/> | 4 points |
| 55 – 64 years    | <input type="checkbox"/> | 6 points |
| 65 years or over | <input type="checkbox"/> | 8 points |

### 2. Your gender?

- |        |                          |          |
|--------|--------------------------|----------|
| Female | <input type="checkbox"/> | 0 points |
| Male   | <input type="checkbox"/> | 3 points |

### 3. Are you of Aboriginal or Torres Strait Islander descent?

- |     |                          |          |
|-----|--------------------------|----------|
| No  | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 2 points |

### 4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?

- |     |                          |          |
|-----|--------------------------|----------|
| No  | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 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  | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 6 points |

### 6. Are you currently taking medication for high blood pressure?

- |     |                          |          |
|-----|--------------------------|----------|
| No  | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 2 points |