

Type 2 Diabetes Risk Assessment Tool For Aboriginal Victorians

Your name Date

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. Ethnicity/Country of birth:

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

- | | |
|-----|----------|
| No | 0 points |
| Yes | 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 | 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)?

For those of Aboriginal or Torres Strait Islander descent:

- | Men | Women | |
|------------------|-----------------|----------|
| Less than 90 cm | Less than 80 cm | 0 points |
| 90 – 100 cm | 80 – 90 cm | 4 points |
| More than 100 cm | More than 90 cm | 7 points |

Add up your score

If you scored 12 or more points, it is important that you discuss your score with your doctor or Aboriginal Health Worker today.



This risk test has been adapted from the Australian Type 2 Diabetes Risk Assessment Tool which was originally developed by the International Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the COAG Diabetes reducing the risk of type 2 diabetes initiative.

Life!

Taking Action on Diabetes



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Did you score 12 or more?

If you scored 12 or more you are at high risk of developing diabetes in the next 5 years.

It is very hard to reduce your risk on your own, but there is a course that can help you be successful.

Choose the Road to Good Health course

The Life! Road to Good Health course is a type 2 diabetes prevention course that 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.

What is diabetes?

Diabetes is a condition where there is too much glucose (sugar) in the blood. People with diabetes have a higher risk of heart disease, stroke, high blood pressure, circulation problems, amputation, nerve damage and damage to the kidneys and eyes.

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

For more information about type 2 diabetes, you can also contact the Diabetes Australia – Vic Infoline on 1300 KOORIE (1300 566743).