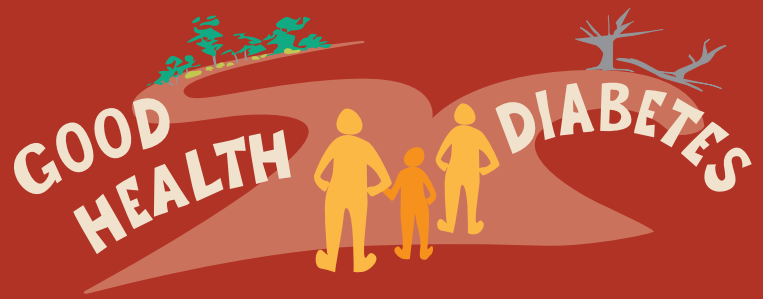


Am I at risk of type 2 diabetes?



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. Do you have a parent, brother or sister with diabetes (type 1 or 2)?

- No 0 points
Yes 3 points

4. 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

5. Do you take medicine for high blood pressure?

- No 0 points
Yes 2 points

6. Do you smoke every day?

- No 0 points
Yes 2 points

7. Do you eat vegetables or fruit everyday?

- Yes 0 points
No 1 point

8. Do you exercise for 30 minutes on most days?

- Yes 0 points
No 2 points

9. 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

(+2) =

As an Aboriginal or Torres Strait Islander person you are more likely to develop type 2 diabetes, so you need to add 2 points to your score.

Am I at risk of type 2 diabetes?



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 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 Islander communities that helps people make healthy food choices and be more active.

For more information

Diabetes Australia – Victoria Infoline

Phone: 1300 KOORIE (1300 566 743)