

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

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:

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

- No 0 points
 Yes 2 points

3b. 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 | 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 |

For all others:

- | Men | Women | |
|------------------|------------------|-----------------------------------|
| Less than 102 cm | Less than 88 cm | <input type="checkbox"/> 0 points |
| 102 – 110 cm | 88 – 100 cm | <input type="checkbox"/> 4 points |
| More than 110 cm | More than 100 cm | <input type="checkbox"/> 7 points |

Add up your points

Your risk of developing type 2 diabetes within 5 years*:

- 5 or less: Low risk**
 Approximately one person in every 100 will develop diabetes.
- 6 – 11: Intermediate risk**
 For scores of 6–8, approximately one person in every 50 will develop diabetes. For scores of 9–11, approximately one person in every 30 will develop diabetes.
- 12 or more: High risk**
 For scores of 12–15, approximately one person in every 14 will develop diabetes. For scores of 16–19, approximately one person in every seven will develop diabetes. For scores of 20 and above, approximately one person in every three will develop diabetes.

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

If you scored 6–11 points in the AUSDRISK you may be at increased risk of type 2 diabetes. Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

If you scored 12 points or more in the AUSDRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease. See your doctor about having a fasting blood glucose test. Act now to prevent type 2 diabetes.

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**.

For scores of 12–15, approximately **one** person in every **fourteen** will develop diabetes.



For scores of 16–19, approximately **one** person in every **seven** will develop diabetes.



For scores of **20 and above**, approximately **one** person in every **three** will develop diabetes.



Take action on **type 2 diabetes**

Type 2 diabetes can be triggered by being inactive and carrying excess weight.

Healthy eating and regular exercise can delay or prevent the onset of type 2 diabetes.

Changing your lifestyle is not easy to do on your own.

By joining a course or using the telephone health coaching service, you will have a greater chance of achieving and maintaining lifestyle changes.

Call **13 RISK (13 7475)**

What is type 2 diabetes?

You can have type 2 diabetes and not know it because there may be no obvious symptoms.

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.

Type 2 diabetes is a chronic (long-term) disease marked by high levels of sugar in the blood. It occurs when the body does not produce enough insulin (a hormone released by the pancreas) or respond well enough to insulin.

Type 2 diabetes is the most common form of diabetes. There are approximately 1 million people with type 2 diabetes currently. This figure is expected to increase significantly in the coming years.

Get more information

If you scored 6–11 you are at intermediate risk. Call **13 RISK (13 7475)** for information about lowering your risk of developing type 2 diabetes.

You can also get assistance with this risk test and find out more about **Life! Taking Action on Diabetes** courses or the telephone health coaching service.

-  Visit your doctor or pharmacist
-  Call the Diabetes Infoline – **13 RISK (13 7475)**
-  Visit **Life!** – www.diabetesrisk.org.au
-  Email – life@diabetesvic.org.au

13 RISK (13 7475)

www.diabetesrisk.org.au