

Please complete your contact details below and we will call you to discuss your eligibility for the *Life!* program.

Name

DOB

Gender  Female  Male  X

Address

State  Postcode

Email

Phone

Preferred day/time to be called

AUSDRISK score (overleaf)

Height

Weight

BMI score (see chart below to calculate)

How did you hear about us?

Workplace  Event  Community Group  Other

Please specify where/when

Do you have diabetes?  Yes  No

Do you have a history of heart disease?  Yes  No

Have you had diabetes whilst pregnant?  Yes  No

**By signing below, I confirm my wish to enrol in the *Life!* program and I consent to the following:**

- ✓ Providing my personal information to Diabetes Victoria for the purposes of registration, administration and monitoring of my participation in the *Life!* program;
- ✓ For my health professional to release my health information to Diabetes Victoria to complete my referral into the program; and
- ✓ To be contacted by Diabetes Victoria regarding research and information.

**PLEASE SIGN & DATE HERE**

/  /

**Signature** **Date**

Diabetes Victoria respects and upholds people's privacy rights. See our privacy policy here <https://www.diabetesvic.org.au/privacy-policy>

## Body Mass Index Chart – Work out your BMI

Body Mass Index (BMI) is used to determine whether you are in a healthy weight range for your height.

Your BMI can be calculated using the chart. Select your height and then move along the row to your weight. Where your height and weight meet is your calculated BMI. Alternatively you can divide your weight (kilograms) by your height (metres) squared. E.g.  $74 \div (1.7 \times 1.7)$ . An example has been included for a person weighing 74kgs and 170cms tall. Their BMI is 26.

Height (cms)	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
200	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
198	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
196	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
194	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
192	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25
190	14	14	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	26
188	14	15	15	16	16	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26
186	14	15	16	16	17	18	18	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27
184	15	15	16	16	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	27
182	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	27
180	15	16	17	17	18	18	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	28
178	16	16	17	17	18	18	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	28
176	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	28
174	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28
172	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28
170	17	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29
168	18	18	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29
166	18	19	20	20	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30
164	19	19	20	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31
162	19	20	21	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32
160	20	20	21	22	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	33
158	20	21	22	23	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	34
156	21	21	22	23	24	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34
154	21	22	23	24	24	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34
152	22	23	23	24	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	35
	Normal weight	Overweight				Obese																	
	50	52	54	56	58	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94

For more information please call 13 RISK (13 7475) or visit [lifeprogram.org.au](http://lifeprogram.org.au)

Wurundjeri Woi-wurrung Country  
Phone: 03 8648 1880 Email: [life@diabetesvic.org.au](mailto:life@diabetesvic.org.au)

# The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

The AUSDRISK tool estimates your risk of getting Type 2 Diabetes in the next 5 years.

## 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  
Southern Europe  2 points  
North Africa  2 points  
Asia (including the Indian sub-continent)  2 points  
Middle East  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, while standing):

Waist measurement (cm) \_\_\_\_\_

## 11. Complete either the purple or orange box below, as appropriate:

### For those of Asian or Aboriginal or Torres Strait Islander descent:

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

### For all others:

Men	Women	
Less than 102cm	Less than 88cm	<input type="checkbox"/> 0 points
102–110cm	88–100cm	<input type="checkbox"/> 4 points
More than 110cm	More than 100cm	<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 people younger than 25.

The Australian Type 2 Diabetes Risk Assessment Tool 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.