

It's time to kickstart your health

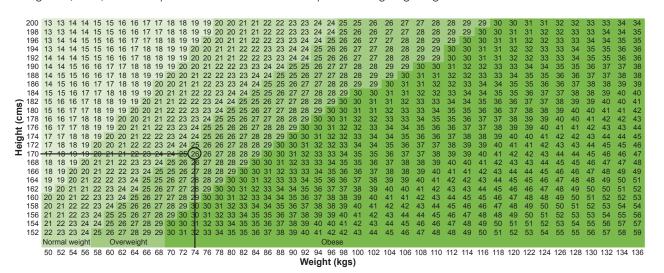
Please complete your contact details below and we will call you to discuss your eligibility for the Life! program.

Name	Do you have diabetes? Yes No			
DOB	Do you have a history of heart disease? Yes No			
Gender Female Male X	Have you had diabetes whilst pregnant? Yes No			
Address	By signing below, I confirm my wish to enrol in the <i>Life!</i> program and I consent to the following:			
State Postcode Email	Providing my personal information to Diabetes Victoria for the purposes of registration, administration and monitoring of my participation in the <i>Life!</i> program;			
Phone Preferred day/time to be called	 ✓ 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. 			
AUSDRISK score (overleaf) Height				
Weight	PLEASE SIGN & DATE HERE			
BMI score (see chart below to calculate)				
How did you hear about us?				
Workplace Event Community Group Other	Signature Date			
Please specify where/when	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÷(1.7x1.7). An example has been included for a person weighing 74kgs and 170cms tall. Their BMI is 26.



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:		9. On average, wou	ld you say you do at leas	st 2.5 hours of	
	Under 35 years	0 points	physical activity day on 5 or more	per week (for example,	30 minutes a	
	35-44 years	2 points	Yes	days a week):	O points	
	45–54 years	4 points			0 points	
	55-64 years	6 points	No		2 points	
	65 years or over	8 points	10. Your waist measurement taken below the ribs (usually at the level of the navel, while standing):			
2.	Your gender: Waist measurement (cm)					
	Female	0 points	11 Computate with our the province or every see here below			
	Male	3 points	11. Complete either the purple or orange box below, as appropriate:			
3.	Your ethnicity/country of birth: For those of Asian or Aboriginal or Torres Strait					
a.	Are you of Aboriginal, Torres Strait Island Islander or Maori descent?	er, Pacific	Islander descent: Men	Women		
	No	0 points	Less than 90cm	Less than 80cm	0 points	
	Yes	2 points	90-100cm	80-90cm	4 points	
			More than 100cm	More than 90cm	7 points	
b.	Where were you born?					
	Australia	0 points	For all others:			
	Southern Europe	2 points	Men	Women		
	North Africa	2 points	Less than 102cm	Less than 88cm	0 points	
	Asia (including the Indian sub-continent)	2 points	102-110cm	88-100cm	4 points	
	Middle East	2 points	More than 110cm	More than 100cm	7 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)? Add up your points					
	No	0 points	Your risk of develop	ing type 2 diabetes with	in 5 years*:	
	Yes	3 points				
5.	Have you ever been found to have high bl glucose (sugar) for example, in a health during an illness, during pregnancy?		Approximately on diabetes.	e person in every 100 will	develop	
	No	0 points	6–11: Intermediate risk			
	Yes	6 points	For scores of 6–8, approximately one person in every 50 will develop diabetes.			
6.	Are you currently taking medication for holood pressure?	nigh	'	approximately one perso	on in every	
	No	0 points	12 or more: High risk			
	Yes	2 points				
	Do you currently smoke cigarettes or any	other /	14 will develop dia		,	
	tobacco products on a daily basis?	O points	For scores of 16–19, approximately one person in every seven will develop diabetes.			
	No Vos	0 points 2 points	For scores of 20 and above, approximately one person			
	Yes			develop diabetes.		
8.	How often do you eat vegetables or fruit?	•	*The everall seems	valv avaractimata the risk	of diabotos in	
	Everyday	0 points	people younger the	ay overestimate the risk an 25.	oi aiabetes IN	
	Not everyday	1 point	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.			