

AM I AT RISK OF TYPE 2 DIABETES?

Name

DOB

Gender

☐ Female ☐ Male ☐ X

Address

Email

Phone

Do you have diabetes?

☐ Yes ☐ No

Do you have a history of heart disease?

☐ Yes ☐ No

Have you had diabetes whilst pregnant?

☐ Yes ☐ No

Height

Weight

BMI Score

kg/m²

(see the chart below to find out)

ADD UP YOUR DIABETES RISK SCORE

(see page 2 to find out your score)

PLEASE CALL ME TO TALK ABOUT MY DIABETES RISK SCORE

By signing below, I confirm that I would like to enrol in the *Life!* program and I agree to:

- ✓ Providing my personal information to Diabetes Victoria for 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;
- ✓ Be contacted by Diabetes Victoria regarding research and information.

PLEASE SIGN & DATE HERE

Signature

Date

BODY MASS INDEX CHART – WORK OUT YOUR BMI

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

An example has been included for a person weighing 74kgs and 170cms tall. Their BMI is 26.

Height (cms)	200	13	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34										
	198	13	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35									
	196	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35									
	194	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36							
	192	14	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36							
	190	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37						
	188	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38					
	186	14	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	39				
	184	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40				
	182	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40	41				
	180	15	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40	41	42				
	178	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40	41	42	43			
	176	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40	41	42	43	44			
	174	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40	41	42	43	44	45			
	172	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40	41	42	43	44	45	46	47		
170	17	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40	41	42	43	44	45	46	47				
168	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40	41	42	43	44	45	46	47	48			
166	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40	41	42	43	44	45	46	47	48	49			
164	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40	41	42	43	44	45	46	47	48	49	50	51		
162	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52		
160	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53		
158	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54		
156	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	
154	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58
152	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59
	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	96	98	100	102	104	106	108	110	112	114	116	118	120	122	124	126	128	130	132	134	136											
																Weight (kgs)																																							

THE AUSTRALIAN TYPE 2 DIABETES RISK ASSESSMENT TOOL (AUSDRISK)

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. 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
 Asia (the subcontinent), Middle East,
 North Africa, Southern Europe ☐ 2 points
 Other ☐ 0 points

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

- No ☐ 0 points
 Yes ☐ 3 points

5. Have you ever been told you have high blood sugar (glucose)? (in a health assessment, when you've been sick, or pregnant)

- No ☐ 0 points
 Yes ☐ 6 points

6. Do you take medicine for high blood pressure?

- No ☐ 0 points
 Yes ☐ 2 points

7. Do you smoke every day?

- No ☐ 0 points
 Yes ☐ 2 points

8. Do you eat vegetables or fruit every day?

- Yes ☐ 0 points
 No ☐ 1 points

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

- Yes ☐ 0 points
 No ☐ 2 points

10. What is your size? (or measure around your belly button)

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 102 cm	Less than 88 cm	<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

What your score means

Your score shows how likely you are to develop type 2 diabetes within 5 years.

A score of **12 or more** means you are at **high risk** of developing type 2 diabetes

6–11 means you are at medium risk

5 or less means you are at low risk

This 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.