

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

<p>Name <input style="width: 90%;" type="text"/></p> <p>DOB <input style="width: 80%;" type="text"/></p> <p>Gender <input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> X</p> <p>Address <input style="width: 95%;" type="text"/></p> <p>State <input style="width: 100px;" type="text"/> Postcode <input style="width: 100px;" type="text"/></p> <p>Email <input style="width: 95%;" type="text"/></p> <p>Phone <input style="width: 95%;" type="text"/></p> <p>Preferred day/time to be called <input style="width: 80%;" type="text"/></p> <p>AUSDRISK score (overleaf) <input style="width: 80%;" type="text"/></p> <p>Height <input style="width: 100px;" type="text"/></p> <p>Weight <input style="width: 100px;" type="text"/></p> <p>BMI score (see chart below to calculate) <input style="width: 100px;" type="text"/></p> <p>How did you hear about us?  <input type="checkbox"/> Workplace <input type="checkbox"/> Event <input type="checkbox"/> Community Group <input type="checkbox"/> Other</p> <p>Please specify where/when <input style="width: 150px;" type="text"/></p>	<p>Do you have diabetes? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Do you have a history of heart disease? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Have you had diabetes whilst pregnant? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>By signing below, I confirm my wish to enrol in the <i>Life!</i> program and I consent to the following:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Providing my personal information to Diabetes Victoria for the purposes of registration, administration and monitoring of my participation in the <i>Life!</i> program;</li> <li><input checked="" type="checkbox"/> For my health professional to release my health information to Diabetes Victoria to complete my referral into the program; and</li> <li><input checked="" type="checkbox"/> To be contacted by Diabetes Victoria regarding research and information.</li> </ul> <p><b>PLEASE SIGN &amp; DATE HERE</b></p> <p>Signature <input style="width: 200px; height: 30px;" type="text"/></p> <p>Date <input style="width: 60px; height: 30px;" type="text"/></p> <p>Diabetes Victoria respects and upholds people's privacy rights. See our privacy policy here <a href="https://www.diabetesvic.org.au/privacy-policy">https://www.diabetesvic.org.au/privacy-policy</a></p>
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## 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	34	
200	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	34	
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	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	
190	14	15	16	17	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	
188	14	15	16	17	18	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	
186	14	15	16	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	33	34	35	
184	15	15	16	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	33	34	35	
182	15	16	17	18	19	20	21	22	23	24	25	25	26	27	28	29	30	31	32	33	34	35	36	
180	15	16	17	18	19	20	21	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	
178	16	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	
176	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	
174	17	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	
172	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	
170	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	
168	18	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	
166	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
164	19	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
162	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	
160	20	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	
158	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	
156	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	
154	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	
152	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	
	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	138	140	

# 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.