

## Participant details

Referral Date	<input type="text"/> / <input type="text"/> / <input type="text"/>	Does your patient speak English?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Name	<input type="text"/>	What is the main language spoken at home?	<input type="text"/>
Address	<input type="text"/>	Aboriginal or Torres Strait Islander descent?	<input type="checkbox"/> Yes <input type="checkbox"/> No
State	<input type="text"/>	Postcode	<input type="text"/>
Phone	<input type="text"/>	<b>Past medical history</b>	
Email	<input type="text"/>	<input type="text"/>	
DOB	<input type="text"/>	Gender	<input type="text"/>
Country of birth	<input type="text"/>	Current smoker?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Cultural background	<input type="text"/>	Blood pressure	<input type="text"/> systolic/ <input type="text"/> diastolic
		Waist circumference (cm)	<input type="text"/>

**Life! program exclusion criteria:** • Diabetes • Active Cancer • Cardiovascular Disease (CVD) diagnosis in the last 3 months. It is important to consider the suitability of the *Life!* program for each individual.

## Participant eligibility

Choose **one** of the following **A** or **B** or **C**:

<input type="checkbox"/> <b>A</b> ≥ 18 years and AUSDRISK ≥ 12 and BMI ≥ 25kg/m <sup>2</sup> (if customer self-identifies as being of Asian background a BMI ≥ 23kg/m <sup>2</sup> is accepted)* AUSDRISK Score <input type="text"/> Height (cm) <input type="text"/> Weight (kg) <input type="text"/> BMI <input type="text"/>	<input type="checkbox"/> <b>B</b> 45 years or over, or ≥ 30 years and of Aboriginal and/or Torres Strait Islander descent and have an intermediate or high CVD Risk score when referred by a GP clinic. CVD risk score <input type="text"/>	<input type="checkbox"/> <b>C</b> ≥ 18 years with one or more of the following pre-existing conditions (Please tick <input checked="" type="checkbox"/> and document) <input type="checkbox"/> Cardiovascular Disease* <input type="checkbox"/> Gestational Diabetes <input type="checkbox"/> Chronic Kidney Disease <input type="checkbox"/> Pre-diabetes (IFG or IGT) <input type="checkbox"/> Polycystic Ovary Syndrome <input type="checkbox"/> Familial Hypercholesterolemia <input type="checkbox"/> Serum total cholesterol > 7.5mmol/L (initial reading) <input type="text"/> <input type="checkbox"/> Syst BP of ≥ 180 mmHg or Diast BP ≥ 110mmHg (reading) <input type="text"/>
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\*For further information or clarification, please refer to the definitions page.

## Referrer details

<input type="checkbox"/> Life! Provider <input type="checkbox"/> Life! Facilitator <input type="checkbox"/> Other Health Professional	<b>Completing the referral – <input checked="" type="checkbox"/> tick to confirm</b>
Name	<input type="checkbox"/> Yes, patient consents to be enrolled in the program
Clinic	<input type="checkbox"/> Blood pathology report within 12 months of referral date*
Address	<input type="checkbox"/> Fasting blood glucose (FBG) or HbA1c
State	<input type="checkbox"/> Lipid Profile (TC/TRIG/HDL/LDL)
Postcode	<input type="checkbox"/> Completed AUSDRISK form is using criteria A
Phone	<input type="checkbox"/> Diabetes excluded*
Phone	<input type="checkbox"/> Yes, patient is happy for <i>Life!</i> to contact them for research or about their experience in the program.
Fax	<input type="checkbox"/> Yes, patient is happy for <i>Life!</i> to contact them to discuss participation in social marketing activities.
Email	<input type="checkbox"/> * For further information or clarification, please refer to the definitions page.

By signing this form, you agree that you have explained to your patient and, in your opinion, they understand that Diabetes Victoria collects their personal information for the purposes of *Life!* program registration, administration, participation, monitoring and evaluation.

Signature

**Return completed referral to:**  
**Email:** life@lifeprogram.org.au or **Fax:** (03) 96671757

## A. AUSDRISK + BMI

### The Australian type 2 diabetes risk assessment tool (AUSDRISK)

is a short list of questions to help assess a person's risk of developing type 2 diabetes over the next five years.

<https://www.health.gov.au/resources/apps-and-tools/the-australian-type-2-diabetes-risk-assessment-tool-ausdrisk>

### Life! waist circumference/clothing size chart for males and females.

<https://lifeprogram.org.au/wp-content/uploads/2021/07/Waist-Measurement-Flyer.pdf>

**Body mass index (BMI)** is one way to assess whether a person's weight is in the healthy range. The BMI combines a person's height and weight to form a measure that can help predict their risk of developing disease.

$$\text{Body mass index} = \frac{\text{weight (kg)}}{\text{height (m)}^2}$$

[www.aihw.gov.au/reports/overweight-obesity/overweight-and-obesity/contents/about](http://www.aihw.gov.au/reports/overweight-obesity/overweight-and-obesity/contents/about)

The following time-based MBS items apply for a health assessment: 701, 703, 705, 707, 715

### Asian sub-regions

Asian background includes three distinct sub-regions (Parliament of Australia, 1997):

Northeast Asia (Mainland China, Hong Kong, Japan, Korea, Taiwan); Southeast Asia (Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, the Philippines, Singapore, Thailand, Vietnam); and Southern Asia (Afghanistan, Bangladesh, India, Pakistan, Sri Lanka, Nepal).

## B. Cardiovascular risk score

The Australian CVD risk calculator combines several risk factors to calculate a risk score (expressed as a percentage), which is a person's chance of having a CVD event such as a heart attack or stroke in the next five years.

[www.cvdcheck.org.au](http://www.cvdcheck.org.au)

## C. Pre-existing conditions

### Cardiovascular disease\*1

- Acute rheumatic fever/rheumatic heart disease
- Angina
- Angioplasty
- Arrhythmias/Atrial fibrillation
- Cardiomyopathy
- Chronic Heart Failure
- Coronary Heart Disease
- Myocardial infarction
- Peripheral Vascular Disease
- Stroke

\*Must not have been diagnosed within the last 3 months.

\*Must be medically stable and must not have had a hospital admission in the last 12 months for the condition.

### Gestational diabetes

To participate in the program, women must not be pregnant.

### Moderate or severe kidney disease<sup>2</sup>

- Persistent proteinuria or GFR < 45mL/min/1.73m<sup>2</sup> or
- Stage 3b chronic kidney disease or greater

### Pre-diabetes<sup>3 4 5 6</sup>

Blood glucose levels are higher than normal but not high enough to be classified as diabetes.

### Impaired Fasting Glucose (IFG)

Blood glucose levels are escalated in the fasting state but not high enough to be classified as diabetes. It is diagnosed on the basis of a result between 6.1 and 6.9 mmol/L

### • Impaired Glucose Tolerance (IGT)

Blood glucose level is higher than normal two hours after an OGTT but not high enough to be diagnosed with diabetes. Two-hour plasma glucose is between 7.8 and 11.0 mmol/L. Fasting blood glucose level may still be in the normal range.

### • Glycated haemoglobin (HbA1c)

Pre-diabetes can be diagnosed with a HbA1c of 6.0-6.4%

### • Familial hypercholesterolemia<sup>7</sup>

The Dutch Lipid Clinic Network Score Criteria required for diagnosis.

### Serum cholesterol >7.5 mmol/L

If on medication managing the condition, patient is still eligible for the program.

### Systolic BP ≥ 180mmHg or diastolic BP ≥ 110mmHg<sup>8</sup>

If on medication managing the condition, patient is still eligible for the program.

### Polycystic Ovarian Syndrome<sup>9</sup>

Rotterdam diagnostic criteria. Requires two of:

- Oligo- or anovulation
- Clinical and/or biochemical hyperandrogenism
- Polycystic ovaries on ultrasound (and exclusion of other aetiologies)

## Diagnostic criteria for type 2 diabetes (RACGP clinical guidelines 2016-2018)<sup>11</sup>

Patient is excluded from the program if they meet one or more of the following:

- Fasting blood glucose (FBG) ≥7.0 mmol/L or random blood glucose ≥11.1 mmol/L confirmed by a second abnormal FBG on a separate day
- Oral glucose tolerance test (OGTT) before (fasting) and two hours after an oral 75 g glucose load is taken. Blood glucose is measured. Diabetes is diagnosed as FBG ≥7.0 mmol/L or two-hour blood glucose ≥11.1 mmol/L
- Glycated haemoglobin (HbA1c) ≥48 mmol/mol (6.5%; on two separate occasions)

These are via venous sampling under laboratory methodology.

## Additional information

If you refer your patient while they are pregnant, please note that they will not be able to commence the program until they are at least 6 weeks postpartum. Both the referrer and the patient will be updated on the progress of the referral.

1. **Heart Foundation** [www.heartfoundation.org.au/bundles/your-heart](http://www.heartfoundation.org.au/bundles/your-heart)
2. **Kidney Health** [kidney.org.au/health-professionals/ckd-management-handbook](http://kidney.org.au/health-professionals/ckd-management-handbook)
3. **Diabetes Australia** [www.diabetesaustralia.com.au/about-diabetes/pre-diabetes/](http://www.diabetesaustralia.com.au/about-diabetes/pre-diabetes/)
4. **National Diabetes Services Scheme** [www.ndss.com.au/understanding-pre-diabetes](http://www.ndss.com.au/understanding-pre-diabetes)
5. **Royal Australian College of General Practitioners LTD (RACGP)** [www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/guidelines-for-preventive-activities-in-general-pr/preamble/introduction](http://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/guidelines-for-preventive-activities-in-general-pr/preamble/introduction)
6. **RACGP** [www.racgp.org.au/your-practice/guidelines/diabetes/3-screening-risk-assessment-case-finding-and-diagnosis/33-impaired-fasting-glucose-or-impaired-glucose-tolerance/](http://www.racgp.org.au/your-practice/guidelines/diabetes/3-screening-risk-assessment-case-finding-and-diagnosis/33-impaired-fasting-glucose-or-impaired-glucose-tolerance/)
7. **Familial Hypercholesterolemia Australasia Network** [www.athero.org.au/tn/patients/diagnosis/](http://www.athero.org.au/tn/patients/diagnosis/)
8. **Heart Foundation** [www.heartfoundation.org.au/bundles/for-professionals/hypertension](http://www.heartfoundation.org.au/bundles/for-professionals/hypertension)
9. **Jean Hailes for Women's Health** [www.jeanhailes.org.au/health-a-z/pcos](http://www.jeanhailes.org.au/health-a-z/pcos)
10. **RACGP** <https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/diabetes/preventing-progression-to-type-2-diabetes>
11. **RACGP** <https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/diabetes/preventing-progression-to-type-2-diabetes>

# 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.