

# DIABETES RISK SCORE

## QUESTIONS

### 1 How old are you?

- A 49 or younger [0]
- B 50–59 [5]
- C 60–69 [9]
- D 70 or older [13]

### 2 Are you female or male?

- A Female [0]
- B Male [1]

### 3 What is your ethnic background?

- A Only white European [0]
- B Other ethnic group [6]

### 4 Do you have a father, mother, brother, sister and/or own child with Type 1 or Type 2 diabetes?

- A Yes [5]
- B No [0]

### 5 Measure the person's waist circumference and choose the range:

- A Less than 90cm (35.3in) [0]
- B 90–99.9cm (35.4–39.3in) [4]
- C 100–109.9cm (39.4–42.9in) [6]
- D 110cm (43in) or above [9]

### 6 Calculate the person's Body Mass Index (BMI) and choose the range (a BMI chart can be used).

- A Less than 25 [0]
- B 25–29.9 [3]
- C 30–34.9 [5]
- D 35 or above [8]

### 7 Have you been given medicine for high blood pressure OR told that you have high blood pressure, by your doctor?

- A Yes [5]
- B No [0]

Your score is: \_\_\_\_\_ points

Risk level	Chances of having Type 2 diabetes now	Chance of high blood glucose now, meaning risk of Type 2 in 10 years	What you need to do
0–6 points (Low risk)	1 in 200	1 in 20	Keep up the good work, make lifestyle adjustments to further reduce risk.
7–15 points (Increased risk)	1 in 50	1 in 10	Make lifestyle changes.
16–24 points (Moderate risk)	1 in 33	1 in 7	See your GP to discuss your risk and how to reduce it.
25 or more points (High risk)	1 in 14	1 in 3	See your GP <b>as soon as possible</b> for a blood test.