

Type 2 diabetes risk assessment form

- **1. Age**
 - Under 45 years (0 p.)
 - 45–54 years (2 p.)
 - 55–64 years (3 p.)
 - Over 64 years (4 p.)

- **2. Body-mass index**
(See reverse of form)
 - Lower than 25 kg/m² (0 p.)
 - 25–30 kg/m² (1 p.)
 - Higher than 30 kg/m² (3 p.)

- **3. Waist circumference measured below the ribs (usually at the level of the navel)**

MEN	WOMEN
<input type="checkbox"/> Less than 94 cm	<input type="checkbox"/> Less than 80 cm (0 p.)
<input type="checkbox"/> 94–102 cm	<input type="checkbox"/> 80–88 cm (3 p.)
<input type="checkbox"/> More than 102 cm	<input type="checkbox"/> More than 88 cm (4 p.)

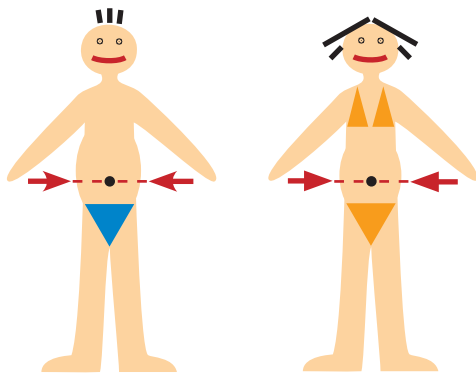
- **4. Do you usually have daily at least 30 minutes of physical activity at work and/or during leisure time (including normal daily activity)?**
 - Yes (0 p.)
 - No (2 p.)

- **5. How often do you eat vegetables, fruit or berries?**
 - Every day (0 p.)
 - Not every day (1 p.)

- **6. Have you ever taken medication for high blood pressure on regular basis?**
 - No (0 p.)
 - Yes (2 p.)

- **7. Have you ever been found to have high blood glucose (eg in a health examination, during an illness, during pregnancy)?**
 - No (0 p.)
 - Yes (5 p.)

- **8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?**
 - No (0 p.)
 - Yes: grandparent, aunt, uncle or first cousin (but no own parent, brother, sister or child) (3 p.)
 - Yes: parent, brother, sister or own child (5 p.)



Total Risk Score



The risk of developing type 2 diabetes within 10 years is

- | | |
|-----------------------|--|
| Lower than 7 | Low: estimated 1 in 100 will develop disease |
| 7–11 | Slightly elevated: estimated 1 in 25 will develop disease |
| 12–14 | Moderate: estimated 1 in 6 will develop disease |
| 15–20 | High: estimated 1 in 3 will develop disease |
| Higher than 20 | Very high: estimated 1 in 2 will develop disease |

