The Australian Type 2 Diabetes Risk Assessment Tool

Patient Name: <PtName>

1. Your age group? — Your Score

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. Ethnicity/Country of birth:

3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

No	0 points
Yes	2 points

3b. Where were you born?

Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe	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

Subtotal ☐

6. Are you currently taking medication for high blood pressure? — Your Score

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)?

For those of Asian or Aboriginal or Torres Strait Islander descent:

Men	Women	
< 90 cm	< 80 cm	0 points
90 – 100 cm	80 – 90 cm	4 points
> 100 cm	> 90 cm	7 points

For all others:

Men	Women	
< 102 cm	< 88 cm	0 points
102 – 110 cm	88 – 100 cm	4 points
> 110 cm	> 100 cm	7 points

Subtotal ☐

Total Risk Score ☐

Your risk of developing Type II diabetes within	**5 years is:**
5 or less: low risk	Approximately 1 person in every 100 will develop diabetes.
6-11: intermediate risk	For scores of 6-8 approximately 1 person in every 50 will develop diabetes and for scores of 9-11 approximately 1 person in every 30 will develop diabetes.
12 or more: high risk	For scores of 12-15 approximately 1 person in every 14 will develop diabetes. For scores of 16-19, approximately one person in every 7 will develop diabetes.For scores of 20 and above approximately 1 person in every 3 will develop diabetes.

Test completed by: <DrName> on <TodaysDate> at <Practice>.