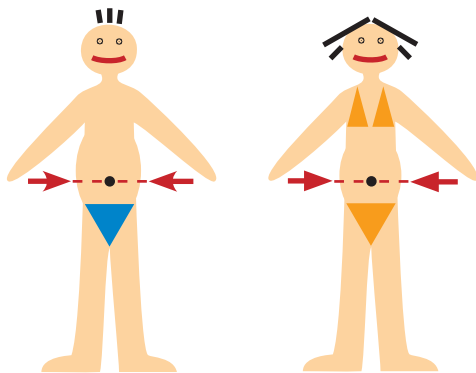


# Type 2 diabetes risk assessment form

- **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/m<sup>2</sup> (0 p.)
  - 25–30 kg/m<sup>2</sup> (1 p.)
  - Higher than 30 kg/m<sup>2</sup> (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

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

