

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

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. 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

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)?

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

Men	Women	
Less than 90 cm	Less than 80 cm	0 points
90 – 100 cm	80 – 90 cm	4 points
More than 100 cm	More than 90 cm	7 points

For all others:

Men	Women	
Less than 102 cm	Less than 88 cm	0 points
102 – 110 cm	88 – 100 cm	4 points
More than 110 cm	More than 100 cm	7 points

Add up your score

Your risk of developing type 2 diabetes within 5 years*:

5 or less: Low risk

Approximately one person in every 100 will develop diabetes.

6–14: Intermediate risk

For scores of 6–8, approximately one person in every 50 will develop diabetes.

For scores of 9–14, approximately one person in every 20 will develop diabetes.

15 or more: High risk

For scores of 15–19, approximately one person in every seven will develop diabetes.

For scores of 20 and above, approximately one person in every three will develop diabetes.

If you scored 15 or more points, it is important that you discuss your score with your doctor.

*The overall score may overestimate the risk of diabetes in those aged less than 25 years and underestimate the risk of diabetes in people of Aboriginal and Torres Strait Islander descent.

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.

Did you score **15** or more?

If you scored **15 or more** you are at high risk of developing diabetes in the **next 5 years**, approximately **one** person in every **seven** will get diabetes.



If your score is **20 or higher**, **one** person in every **three** will get diabetes.



It is very hard to reduce your risk on your own, but there is a course that can help you be successful.

Get on **course**

Lifestyle courses have been shown to prevent type 2 diabetes in up to 58% of people.

The **Life! Taking Action on Diabetes** course is a type 2 diabetes prevention course tailored for you with long-lasting sustainable health benefits.

The course is free for most people, run in your local area and you can do it with a friend or partner.

Call 13 RISK (13 7475) for your free information pack or to find a course near you.

What is type 2 diabetes?

You can have type 2 diabetes and not know it because there may be no obvious symptoms.

People with diabetes have a higher risk of heart disease, stroke, high blood pressure, circulation problems, amputation, nerve damage and damage to the kidneys and eyes.

Type 2 diabetes is a chronic (long-term) disease marked by high levels of sugar in the blood. It occurs when the body does not produce enough insulin (a hormone released by the pancreas) or respond well enough to insulin.

Type 2 diabetes is the most common form of diabetes. There are approximately 1 million people with type 2 diabetes currently. This figure is expected to increase significantly in the coming years.

Get more information

If you scored 6–14 you are at intermediate risk. Call **13 RISK (13 7475)** for information about lowering your risk of developing type 2 diabetes.

You can also get assistance with this risk test and find out more about **Life! Taking Action on Diabetes** courses.



Visit your doctor or pharmacist



Call the Diabetes Infoline – **13 RISK (13 7475)**



Visit **Life!** – www.goforyourlife.vic.gov.au/life



Email – life@diabetesvic.org.au

13 RISK (13 7475)

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