

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 as soon as possible for a blood test.