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 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.

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