

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

NAME: _____

DOB: _____

DATE: _____

1. Your age group
- | | | |
|------------------|--------------------------|----------|
| Under 35 years | <input type="checkbox"/> | 0 points |
| 35 – 44 years | <input type="checkbox"/> | 2 points |
| 45 – 54 years | <input type="checkbox"/> | 4 points |
| 55 – 64 years | <input type="checkbox"/> | 6 points |
| 65 years or over | <input type="checkbox"/> | 8 points |

2. Your gender
- | | | |
|--------|--------------------------|----------|
| Female | <input type="checkbox"/> | 0 points |
| Male | <input type="checkbox"/> | 3 points |

3. Your ethnicity/country of birth:

- 3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?
- | | | |
|-----|--------------------------|----------|
| No | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 2 points |

- 3b. Where were you born?
- | | | |
|---|--------------------------|----------|
| Australia | <input type="checkbox"/> | 0 points |
| Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe | <input type="checkbox"/> | 2 points |
| Other | <input type="checkbox"/> | 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 | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 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 | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 6 points |

6. Are you currently taking medication for high blood pressure?
- | | | |
|-----|--------------------------|----------|
| No | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 2 points |

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?
- | | | |
|-----|--------------------------|----------|
| No | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 2 points |

8. How often do you eat vegetables or fruit?
- | | | |
|---------------|--------------------------|----------|
| Every day | <input type="checkbox"/> | 0 points |
| Not every day | <input type="checkbox"/> | 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 | <input type="checkbox"/> | 0 points |
| No | <input type="checkbox"/> | 2 points |

10. Your waist measurement taken below the ribs (usually at the level of the navel, and while standing)

Waist measurement (cm)

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

- | Men | Women | |
|------------------|-----------------|-----------------------------------|
| Less than 90 cm | Less than 80 cm | <input type="checkbox"/> 0 points |
| 90 – 100 cm | 80 – 90 cm | <input type="checkbox"/> 4 points |
| More than 100 cm | More than 90 cm | <input type="checkbox"/> 7 points |

For all others:

- | Men | Women | |
|------------------|------------------|-----------------------------------|
| Less than 102 cm | Less than 88 cm | <input type="checkbox"/> 0 points |
| 102 – 110 cm | 88 – 100 cm | <input type="checkbox"/> 4 points |
| More than 110 cm | More than 100 cm | <input type="checkbox"/> 7 points |

Add up your points

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

- 5 or less: Low risk**
Approximately one person in every 100 will develop diabetes.
- 6-11: Intermediate risk**
For scores of 6-8, approximately one person in every 50 will develop diabetes. For scores of 9-11, approximately one person in every 30 will develop diabetes.
- 12 or more: High risk**
For scores of 12-15, approximately one 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 one person in every 3 will develop diabetes.

*The overall score may overestimate the risk of diabetes in those aged less than 25 years.

If you scored 6-11 points in the AUSDRISK you may be at increased risk of type 2 diabetes. Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

If you scored 12 points or more in the AUSDRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease. See your doctor about having a fasting blood glucose test. Act now to prevent type 2 diabetes.