



What is type 2 diabetes?

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.

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

Risk factors

Many Australians, particularly those over 40, are at risk of developing type 2 diabetes through lifestyle factors such as physical inactivity and poor nutrition. Family history of diabetes and genetics also play a role in type 2 diabetes.

What can you do to lower your risk of developing type 2 diabetes?

Your lifestyle choices can prevent, or at least delay, the onset of type 2 diabetes.

You cannot change risk factors like age and your genetic background. You *can* do something about being overweight, your waist measurement, how active you are, eating habits, or smoking.

If there is type 2 diabetes in your family, you should be careful not to put on weight. Reducing your waist measurement reduces your risk of type 2 diabetes.

By increasing your physical activity and improving your eating habits you can lower your risk. Eat plenty of vegetables and high fibre cereal products every day and use a small amount of fats and oils. Monounsaturated oils, such as olive or canola oil, are the best choice.

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

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

How do you score?

The Australian Type 2 Diabetes Risk Assessment Tool was developed by the Baker IDI Heart and Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the COAG initiative to reduce the risk of type 2 diabetes.

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. Your 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?

- Australia 0 points
 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, and while standing)

Waist measurements (cm)

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

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

For all others:

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

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.
- 6-14: 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.

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

If you scored 6-14 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 15 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.