



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 diabetes complications, including heart disease, stroke, high blood pressure, circulation problems – possibly leading to amputation, 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 nutrition and physical activity. Family history and genetics also play a role in type 2 diabetes.

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.

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.

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.

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

How do you score?

The Australian Type 2 Diabetes Risk Assessment Tool (AUSTRALIA)

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 | 0 points |
|------------------|-----------------|----------|
| 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 | 0 points |
|------------------|------------------|----------|
| 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*:

Less than 5: 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.

**Type 2 Diabetes often runs in families.
Is you or a family member at risk of diabetes?**

Please complete 'The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)' to assess your risk of developing Type 2 Diabetes

- If you scored **6-14** points in the AUSDRISK you may be at increased risk of 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.

Improving your lifestyle may help reduce your risk of developing Type 2 Diabetes.

ACT NOW TO PREVENT TYPE 2 DIABETES

**Contact a LIFE! member at the
Community Health Centre on 58620560
for further information.**

Life!

Taking Action on Diabetes