



Diabetes Type II - Risk Assessment



Read each statement. Where the statement is true circle the points associated with it. If a statement is not true, zero points apply. Calculate your total score.		
	True	False
1. I am a woman who had diabetes during a pregnancy or had a baby weighing more than 4500 grams (10lbs) at birth	3pt	0pt
2. I have a brother or sister with diabetes	1pt	0pt
3. I have a parent with diabetes	1pt	0pt
4. My BMI (Body Mass Index) is greater than 27. (Go to www.bmi-calculator.net and input your height and weight to calculate your BMI)	5pt	0pt
5. I am on tablets for high blood pressure	3pt	0pt
6. I have a history of heart or circulatory problems	3pt	0pt
7. I am under 65 years of age and I get little or no exercise	5pt	0pt
8. I am over 50 years of age	5pt	0pt
9. I am over 65 years of age (in addition to 5 pts for over 50)	5pt	0pt
TOTAL		

What your total means:

Scoring 3-9 points: You are probably at a low risk of having diabetes now. Don't forget that your risk will increase with age. Keep your risk low by losing weight if you are overweight, by taking regular exercise and eating low saturated fat meals that are high in vegetables and whole grain foods.

Scoring 10 or more points: You are at high risk for having diabetes. Only a healthcare professional can screen to see if you have diabetes by doing a simple finger prick test. This result is available immediately. You may be referred to your own GP, and all individuals will require laboratory tests to confirm a diagnosis.

Please note that if you are over 65 years, you will automatically score 10 points and you are deemed at risk. Diabetes Type II is much more common as you get older.

If you have been tested for Diabetes by your GP in the last year, you probably do not need to come forward for testing again – we are particularly anxious

to test patients who visit their GP infrequently and who may not have been tested for Diabetes.

****You must bring this form to your Test Location****