

The Australian Type 2 Diabetes Risk Assessment Tool

ID:

Please use a black pen and write clearly.

Participant consent form

I,

of

My GP is:

- I have read and understood the Participant Information Sheet.
- I freely choose to fill in the Australian Type 2 Diabetes Risk Assessment Tool and, if appropriate, undergo a blood test.
- I understand that I can withdraw from the Program at any time.
- I understand that the Program is strictly confidential.
- I agree to participate in this Program.

Signature:

Date completed:

Please tick the correct answer.

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?

- Asia (including the Indian subcontinent), 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?

- Every day 0 points
- Not every day 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)?

Waist measurement in cm:

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

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

For all others:

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

Add up your score

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 7 will develop diabetes.
For scores of 20 and above, approximately one person in every 3 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 Test was originally developed by the International Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the COAG reducing the risk of type 2 diabetes initiatives.

Capillary Blood Glucose Test result:

Information for GPs

Risk score < 15: ineligible.

Risk score < 15

- **1-5: Low Risk.**
Approx. 1 in 100 develops diabetes.
- **6-14: Intermediate Risk.**
6-8: Approx 1 in 50 develops diabetes.
9-14: Approx 1 in 20 develops diabetes.

If Risk Score is 1-5:

- Congratulate patient on low risk status. Encourage patient to remain low risk through:
 - Maintaining a healthy weight (BMI < 25).
 - Eating a healthy diet.
 - Being physically active (at least 30 minutes of physical activity every day).
- **If Risk Score is 6-14:**
 - Further testing may be required.
 - Provide appropriate advice regarding diet and physical activity as above.
 - Suggest regular GP visits to check for diabetes risk.

Risk score ≥ 15: eligible.

Risk score ≥ 15

- **≥ 15: high risk.**
15-19: Approx 1 in 7 develops diabetes.
≥ 20: Approx 1 in 3 develops diabetes.

OGTT Criteria for diabetes diagnosis
FPG ≥ 7.0 and/or 2 hour PG ≥ 11.1

