

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK) ID:

Name

Date of Birth: / /

My GP is:

Date AUSDRISK completed: / /

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) (eg, 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)?

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

Men	Women	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	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*:

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

Information for GPs

Risk Score is the risk of developing type 2 diabetes within the next 5 years.

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. Further testing may be required.
- Suggest an annual GP visit to check for diabetes risk.

Diabetes identified – refer to usual care

Risk Score ≥ 15

≥ 15: High Risk

15-19: Approx 1 in 7 develops diabetes

≥ 20: Approx 1 in 3 develops diabetes

Please consider you patient for the *Live Life Well* Diabetes Prevention Program.

Organise FPG test (to exclude diabetes) and full lipid profile (total cholesterol, HDL, LDL triglycerides).

Note: If diabetes has been excluded by a FPG test within the last 3 months, refer patient to *Live Life Well* Diabetes Prevention Program.

Encourage patient to make an appointment to discuss FPG test results.

Diabetes excluded – complete *Live Life Well* Diabetes Prevention Program referral form.

Remember your patient is ineligible if they:

- Are taking or have taken Metformin or other hypoglycaemic medication within the past month
- Are taking prescribed weight loss medication
- Have any of the following conditions:
 - Type 1 or 2 diabetes (offer routine diabetes care and referrals)
 - Pregnancy
 - End stage congestive heart failure
 - Severe cognitive impairment or behavioural disturbances
 - Untreated severe aortic stenosis or other structural heart disease
 - Progressive or terminal cancer
 - Unstable abdominal, thoracic or cerebral aneurysm
 - Malignant arrhythmias
 - Unstable CAD