



Keeping you active throughout life!

What is your risk of getting Type II Diabetes? Find out!

Add up the points you have in each of the following categories and see below to find out your results.

1. Age

| Years | Points |
|-------|--------|
| < 45 | 0 |
| 45-54 | 2 |
| 55-64 | 3 |
| >64 | 4 |

2. Body-mass index (BMI)

(See below)

| BMI | Points |
|-------------------------|--------|
| <25 kg/m ² | 0 |
| 25-30 kg/m ² | 1 |
| >30 kg/m ² | 3 |

3. Waist circumference

Measure below the ribs (usually at the level of the navel)

| Men | Women | Points |
|-----------|----------|--------|
| <94 cm | <80 cm | 0 |
| 94-102 cm | 80-88 cm | 3 |
| >102 cm | >88 cm | 4 |

4. Exercise

Do you usually have at least 30 minutes of physical activity daily at work and/or during leisure time (including normal daily activity)?

| | Points |
|-----|--------|
| Yes | 0 |
| No | 2 |

5. Fruit & Vegetables

How often do you eat fruit and vegetables?

| | Points |
|---------------|--------|
| Every day | 0 |
| Not every day | 1 |

6. Blood Pressure

Have you ever taken medication for high blood pressure on a regular basis?

| | Points |
|-----|--------|
| No | 0 |
| Yes | 2 |

7. Glucose

Have you ever been found to have high blood glucose (eg in a health examination, during an illness, during pregnancy)?

| | Points |
|-----|--------|
| No | 0 |
| Yes | 5 |

8. Family

Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

| | Points |
|--|--------|
| No | 0 |
| Yes: grandparent, aunt, uncle or first cousin (but not own parent, brother, sister or child) | 3 |
| Yes: parent, brother, sister or own child | 5 |

Adding up the points

| | |
|--------------------|-------|
| Age | _____ |
| BMI | _____ |
| Waist | _____ |
| Exercise | _____ |
| Fruit & Veg | _____ |
| Blood Pressure | _____ |
| Glucose | _____ |
| Family | _____ |
| Point Total | _____ |



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Body Mass Index (BMI)

The body-mass index is used to assess whether a person is normal weight or not. The index is calculated by dividing body weight (kg) by the square of body height (m²). For example, if your height is 165 cm and your weight 70 kg, your body-mass index will be $70/(1.65 \times 1.65)$, or 25.7

Your Risk of developing Type II Diabetes

| Points Total | Risk |
|--------------|---|
| <7 | Low: 1 in 100 will develop disease |
| 7-11 | Slightly elevated: 1 in 25 will develop disease |
| 12-14 | Moderate: 1 in 6 will develop disease |
| 15-20 | High: 1 in 3 will develop disease |
| >20 | Very high: 1 in 2 will develop disease |

What can you do to lower your risk of developing Type II Diabetes?

You can't do anything about your age or your genetic predisposition. On the other hand, the rest of the predisposing factors such as being overweight, abdominal obesity, sedentary lifestyle, eating habits and smoking, are up to you. Your lifestyle choices can completely prevent type 2 diabetes or at least delay its onset until a much greater age.

If there is diabetes in your family, you should be careful not to put on weight over the years. Growth of the waistline, in particular, increases the risk of diabetes, whereas regular moderate physical activity will lower the risk. You should also pay attention to your diet: eat plenty of vegetables, protein and fibre. Restrict carbohydrate

intake especially simple ones like sugar, white rice and white bread.

Early stages of Type II Diabetes seldom cause any symptoms. If you scored 12-14 points in this test, you should seriously consider your physical activity and eating habits and pay attention to your weight, to prevent yourself from developing diabetes. Give us a call and we can give you further guidance and discuss necessary tests.

If you scored 15 points or more in this test, you should have your blood glucose measured (both fasting value and value after a dose of glucose or a meal) to determine if you have diabetes without symptoms.

Changing your lifestyle can be hard, but we are here to help you. You'll thank yourself!