

Type 2 diabetes risk assessment form

1. AgeUnder 45 years	(0 p.)	5. How o or ber	ften do you eat vegetal ries?	bles, fruit
☐ 45-54 years	(2 p.)	□ Every	day	(0 p.)
☐ 55-64 years	(3 p.)	☐ Not e	very day	(1 p.)
Over 64 years	(4 p.)			•
		<u> </u>		
2. Body-mass index		o nave	ou ever taken medicati pressure on regular bas	on for high
(See reverse of form)		□ No	pressure on regular bas	
☐ Lower than 25 kg/m²	(0 p.)	☐ Yes		(0 p.)
☐ 25-30 kg/m²	(1 p.)	ics		(2 p.)
☐ Higher than 30 kg/m²	(3 p.)			
		7. Have y	ou ever been found to l	nave high
		blood	glucose (eg in a health	examination,
 3. Waist circumference measure 		during	an illness, during preg	nancy)?
the ribs (usually at the level of	of the navel)	□ No		(0 p.)
MEN WOMEN		☐ Yes		(5 p.)
WOMEN	- 00 (0 -)			
☐ 94–102 cm ☐ 80–88 c	n 80 cm (0 p.) m (3 p.)	8. Have a	mu of the manulant of	
☐ More than 102 cm ☐ More th			ny of the members of yo liate family or other rel	
	un oo cm (4 p.)	diagno	sed with diabetes (type	atives peen
		□ No	sea with diabetes (typi	(0 p.)
111			andparent, aunt, uncl	(0 p.)
- 1:	-	first co	usin (but no own pare	ent.
			er, sister or child)	(3 p.)
CAL CAL			rent, brother, sister o	r
		own cl	nild	(5 p.)
		Total Risk Sco	re	
Y Y		Th	e risk of developing t	vpe 2
			abetes within 10 year	
		Lower than 7	Low: estimated 1 in	100
			will develope disease	2
		7–11	Slightly elevated:	
			estimated 1 in 25	
94. Do you usually have daily at le	net 20		will develope disease	9
minutes of physical activity at	twork	12-14	Moderate:	
and/or during leisure time (in			estimated 1 in 6	
normal daily activity)?		15-20	will develope disease	
	(0 p.)	15-20	High: estimated 1 in will develope disease	
	(2 p.)	Higher than 20	Very high: estimated	
		3	will develope disease	

WHAT CAN YOU DO TO LOWER YOUR RISK OF DEVELOPING TYPE 2 DIABETES?

You can't do anything about your age or your genetic predisposition. On the other hand, the rest of the factors predisposing to diabetes, such as overweightness, 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: take care to eat

plenty of fibre-rich cereal products and vegetables every day. Omit excess hard fats from your diet and favour soft vegetable fats.

Early stages of type 2 diabetes seldom cause any symptoms.

IF YOU SCORED 7-14 POINTS IN THE RISK TEST

- You would be well advised to seriously consider your physical activity and eating habits and pay attention to your weigth, to prevent yourself from developing diabetes.
- Please contact a public-health nurse or your own doctor for further guidance and tests.

IF YOU SCORED 15-20 POINTS IN THE RISK 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.

IF YOU SCORED OVER 20 POINTS IN THE RISK TEST

Please contact a public-health nurse or your own doctor soon.

The test is designed by Professor Jaakko Tuomilehto, Department of Public Health, University of Helsin-ki, and Dr Jaana Lindström, National Institute for Health and Welfare, Finland, and it is published by the Finnish Diabetes Association.

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 (m). For example, if your height is 165 cm and your weight 70 kg, your BMI will be 25.7 [70/(1.65 x 1.65)=25.7].



If your BMI is 25–30, you will benefit from losing weight; at least you should take care that your weight doesn't increase beyond this. If your BMI is higher than 30, the adverse health effects of obesity will start to show, and it will be essential to lose weight.

BMI-chart Height (cm)

200	13	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33	34	74
198	13	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	26	26	26	27	28	28	29	29	30	30	31	31	32	32	33	33	34	34	35
196	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	26	26	27	27	28		29	29	30	30	31	31	37	32	33	33	34	34	35	35
194	13	14	14	15	15	15	16	17	18	18	19	19	19	20	21	21	22	22	22	23	23	24	25	26	26	27	27	28	28	29	29	30	30	31	31	37	37	33	34	34	35	35		36
192	14	14	15	15	16	16	17	17	18	18	19	20	20	21	21	22	22	23	23	24	24	25	25	26	27	27	28	28	29	29	30	30	21	27	22	33	22	24	24	35	25	36	36	37
190	14	14	15	16	16	17	17	18	18	19	19	20	20	21	22	22	23	23	24	24	25	25	26	27	27	28	28	28	29	30	30	31	27	32	33	33	24	24	35	36	36	37	30	38
188	14	15	15	16	16	17	18	18	19	19	20	20	21	22	22	23	23	24	24	25	25	26	27	27	28	28	29	29	30	31	32	32	32	33	23	34	25	35	36	36	37	27	20	39
186	14	15	16	16	17	17	18	18	19	20	20	21	21	22	23	23	24	24	25	25	26	27	27	28	28	29	29	30	31	31	32	37	33	34	34	35	35	35	36	27	30	20	20	39
184	15	15	16	17	17	18	18	19	19	20	21	21	22	22	23	24	24	25	25	26	27	27	28	28	29	29	30	31	31	32	32	33	34	34	35	35	36	37	37	38	38	20	40	40
182	15	16	16	17	18	18	19	19	20	21	21	22	22	23	24	24	25	25	26	27	27	28	28	29	30	30	31	31	32	33	33	34	34	35	36	36	37	37	38	39	39	40	41	41
180	15	16	17	17	18	19	19	20	20	21	22	22	23	23	24	25	25	26	27	27	28	28	29	30	30	31	31	32	33	33	34	35	35	36	36	27	38	30	39	40	40	40	41	42
178	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	27	27	28	28	29	30	30	31	32	32	33	33	34	35	35	36	27	27	38	39	39	40	40	41	47		42
176	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	26	27	28	28	29	30	30	31	32	32	33	34	34	35	36	36	37	37	38	39	39	40	40	40	40	44	100	44
174	17	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32	33	34	34	35	36	36	37	38	20	39	40	40	41	43	47	42	43	43	44
172	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32	33	34	34	35	36	37	37	38	39	39	40	41	41	42	42	42	43	44	44	45
170	17	18	19	19	20	21	21	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	33	33	34	35	35	36	37	37	38	39	39	40	41	41	42		43	45	44	45	45	46
168	18	18	19	20	21	21	22	23	23	24	25	26	26	27	28	28	29	30	30	31	32	33	33	34	35	35	36	37	38	38	39	40	40	41		- American		43	44	44	45	46	46	4/
166	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	30	21	32	33	33	34	35	36	36	37	100					40		42	43	43	44	45	45	46	4/		48
164	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	30	31	32	33	33	34	35		-			38	38	39	40	41	41	42	43	44	44	45	46	47	47	48		49
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160	20	20	21	22	23	23	24	25	26	27	27	28							33		34	35	36	37	37	38	39	40	40	41	42	43	43	44	45	46	47	47	48	49	50	50	51	52
158	20	21	22	22	23	24	25		-				29	30	30	31	32	33	34	34	35	36	37	38	38	39	40	41	41	42	43	44	45	45	46	47	48	48	49	50	51	52	52	53
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156	21	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35	36	37	38	39	39	40	41	42	43	44	44	45	46	47	48	49	49	50	51	52	53	53	54	55	56
154	21	22	23	24	24	25	26	27	28	29	30	30	31	32	33	34	35	35	36	37	38	39	40	40	41	42	43	44	45	46	46	47	48	49	50	51	51	52	53	54	55	56	57	57
152	22		23	24	25	26	27	28	29	29	30	31	32			35	35		37	38	39	40	41	42	42	43	44	45	46	47	48	49	49	50	51	52	53	54	55	55	56	57	58	59
normal weight mild obesity marked obesity severe obesity																	1	morb	oid o	besit	У																							

50 52 54 56 58 60 62 64 66 68 70 72 74 76 78 80 82 84 86 88 90 92 94 96 98 100 102 104 106 108 110 112 114 116 118 120 122 124 126 128 130 132 134 136 Weight (kg)