

What is type 2 diabetes?

Type 2 diabetes is a chronic (long term) disease marked by high levels of sugar in the blood.

People with diabetes have a higher risk of developing heart disease, stroke, high blood pressure, nerve damage and damage to the kidneys and eyes.

Type 2 diabetes is the most common form of diabetes.

280 Australians develop diabetes every day.

Almost 1.1 million Australians currently have diabetes. This includes:

- 120,000 people with type 1 diabetes
- 956,000 people with type 2 diabetes
- 23,600 women with gestational diabetes

Risk factors

People, particularly those over 40, are at risk of developing type 2 diabetes through lifestyle factors such as physical inactivity, poor nutrition and smoking.

Family history of diabetes and genetics also play a role in type 2 diabetes.

What can you do to reduce your risk of developing type 2 diabetes?

Your lifestyle choices can prevent or at least, delay the onset of type 2 diabetes.

- You cannot change risk factors like age and genetic background.
- You can do something about being overweight, your waist measurement, how active you are, eating habits or smoking.

If there is type 2 diabetes in your family, reduce your waist measurement, increase your physical activity and improve your eating habits. All of these can reduce your risk.

You can have type 2 diabetes and not know because symptoms may not be obvious.

If you scored 12 points or more you are at high risk. Act now.

See your doctor now for a diabetes test.

If you scored 6-11 points you may be at increased risk.

Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

For more information:

Visit www.healthpromotion.com.au

or

Call NSW Health's FREE Get Healthy Information & Coaching Service on 1300 806 258 or visit www.gethealthynsw.com.au.



Check your risk ... What's your score?

Many Coasties, particularly those over 40, are at risk of developing **type 2 diabetes** through any one of these lifestyle factors:

- Not enough physical activity
- Poor nutrition
- Being overweight
- Smoking

Other factors that increase risk are:

- Aboriginal or Torres Strait Islander people
- Being male
- Having a family history of diabetes
- Ethnicity/country of birth

type 2
diabetes

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The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)



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?

- Australia 0 points
 Asia (including the Indian sub-continent), 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, and while standing)

Waist measurement (cm)

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

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

For all others:

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

Add up your points

Your risk of developing type 2 diabetes within 5 years*:

- 5 or less: Low risk**
 Approximately one person in every 100 will develop diabetes.
- 6-11: Intermediate risk**
 For scores of 6-8, approximately one person in every 50 will develop diabetes. For scores of 9-11, approximately one person in every 30 will develop diabetes.
- 12 or more: High risk**
 For scores of 12-15, approximately one person in every 14 will develop diabetes. For scores of 16-19, approximately one person in every 7 will develop diabetes. For scores of 20 and above, approximately one person in every 3 will develop diabetes.

*The overall score may overestimate the risk of diabetes in those aged less than 25 years.

If you scored 6-11 points in the AUSDRISK you may be at increased risk of type 2 diabetes. Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

If you scored 12 points or more in the AUSDRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease. See your doctor about having a fasting blood glucose test. Act now to prevent type 2 diabetes.