



What is type 2 diabetes?

Type 2 diabetes is a chronic (long-term) disease marked by high levels of sugar in the blood. It occurs when the body does not produce enough insulin (a hormone released by the pancreas) or respond well enough to insulin. In the early stages, you may not know that you have type 2 diabetes as the symptoms aren't always obvious.

Type 2 diabetes is the most common form of diabetes.

There are approximately 1 million people with type 2 diabetes currently. This figure is expected to increase significantly in the coming years.

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

Risk factors

Many Australians, particularly those over 40, are at risk of developing type 2 diabetes through lifestyle factors such as physical inactivity and poor nutrition. Family history of diabetes and genetics also play a role in type 2 diabetes.

What can you do to lower 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 your age and genetic background. You can make choices that impact your weight, your waist measurement, how active you are, eating habits, or smoking.

If there is type 2 diabetes in your family, you should try to maintain a healthy weight. Reducing your waist measurement reduces your risk of type 2 diabetes.

You can lower your risk by increasing your physical activity and improving your eating habits. Eat plenty of vegetables, legumes and high fibre wholegrain products every day and use a small amount of fats and oils. Monounsaturated oils such as olive is the best choice. Limit foods with salt, saturated fat and added sugars.

If you are worried about any of the lifestyle risk factors that you may have, you can talk to your GP or specialist on how to manage them to reduce your risk of developing type 2 diabetes.

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

How do you score?

The Australian Type 2 Diabetes Risk Assessment Tool was developed by the Baker IDI Heart and Diabetes Institute on behalf of the Australian Government and state and territory governments as part of the former COAG initiative to reduce the risk of type 2 diabetes.

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

For all others:

- | Men | Women | |
|------------------|------------------|-----------------------------------|
| Less than 102 cm | Less than 88 cm | <input type="checkbox"/> 0 points |
| 102 – 110 cm | 88 – 100 cm | <input type="checkbox"/> 4 points |
| More than 110 cm | More than 100 cm | <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 blood test. Act now to prevent type 2 diabetes.