

COULD YOU HAVE TYPE 2 DIABETES?

QUESTIONNAIRE: Do you want to know your risk of Type 2 diabetes?
For each question, tick one white box (✓).

1. Which age group are you in?					
49 years and younger	<input type="checkbox"/>	0	60-69 years	<input type="checkbox"/>	9
50-59 years	<input type="checkbox"/>	5	70 years and/or older	<input type="checkbox"/>	13
2. Are you male or female?					
Male	<input type="checkbox"/>	1	Female	<input type="checkbox"/>	0
3. How would you describe your ethnicity?					
White European	<input type="checkbox"/>	0	Any other ethnic group	<input type="checkbox"/>	6
4. Do you have a parent, brother, sister and/or child with Type 1 or Type 2 diabetes? (Do not count step-relatives)					
Yes	<input type="checkbox"/>	5	No	<input type="checkbox"/>	0
5. Which waist size group are you in? (See instructions across)					
Less than 90 cm (35 inches)	<input type="checkbox"/>	0	100 -109 cm (39-42 inches)	<input type="checkbox"/>	6
90-99 cm (35-38 inches)	<input type="checkbox"/>	4	110 cm (43 inches) and above	<input type="checkbox"/>	9
6. Which Body Mass Index (BMI) group are you in? (See explanation and instructions over the page)					
Less than 25	<input type="checkbox"/>	0	30-34	<input type="checkbox"/>	5
25-29	<input type="checkbox"/>	3	35+	<input type="checkbox"/>	8
7. Have you ever been told by a doctor or nurse that you have high blood pressure?					
Yes	<input type="checkbox"/>	5	No	<input type="checkbox"/>	0
To get your risk score, add up the numbers in the blue boxes next to the seven boxes that you have ticked.					
Write the total number here – This is your risk score:					
To find out what this means go turn over the page					

Body Mass Index (BMI): Your BMI gives you a general idea of how healthy your weight is for your height. You can find out which BMI group you are in for your risk score by following the instructions below:

1. Find your height on the table in the left-hand column (blue)
2. Move along to the right of this column, to the box which states your weight
3. Then move down the column from this box to the coloured box at the end of the table, to find out your BMI group
4. Now, go back to the questionnaire, and tick the box for your BMI group on question 6

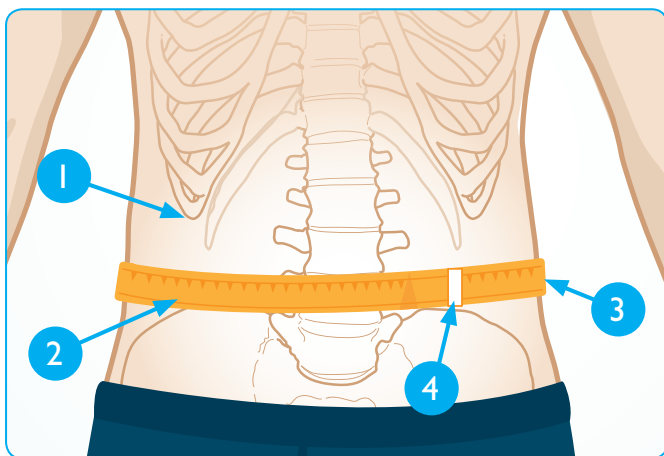
Height (cm)	Weight (kg)			
147	Below 54	54-64	65-75	76+
150	Below 57	57-67	68-78	79+
152	Below 58	58-69	70-80	81+
155	Below 60	60-71	72-83	84+
157	Below 62	62-73	74-86	87+
160	Below 64	64-76	77-89	90+
163	Below 66	66-79	80-92	93+
165	Below 68	68-81	82-95	96+
168	Below 70	70-84	85-98	99+
170	Below 73	73-86	87-101	102+
173	Below 75	75-89	90-104	105+
175	Below 77	77-91	92-107	108+
178	Below 80	80-94	95-110	111+
180	Below 81	81-97	98-113	114+
183	Below 84	84-100	101-117	118+
185	Below 86	86-102	103-119	120+
188	Below 89	89-105	106-123	124+
191	Below 92	92-109	110-127	128+
193	Below 93	93-111	112-130	131+
	Less than 25	25-29	30-34	35+

How to measure your waist

Measuring your waist with a tape measure is easy. The picture below will show you how to do it.

Get a tape measure.

1. Find your bottom rib
2. Find the top of your hip bone
3. Place the tape measure half way between your bottom rib and the top of your hip bone
4. Read your waist measurement to the nearest centimetre or inch. Go back to previous page and complete question 5



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Your risk score

VERY HIGH RISK - 24 points or more

What does this mean?

- 1 in 14 people in this group may have undiagnosed Type 2 diabetes
- 1 in 3 people in this group are at very high risk of developing Type 2 diabetes in the future

You have a **very high** chance of having Type 2 diabetes now or getting it in the future.

What should you do now?: You need to visit your GP surgery for a diabetes test and to discuss your risk factors as soon as possible.

HIGH RISK - 16 to 28 points

What does this mean?

- 1 in 33 people in this group may have undiagnosed Type 2 diabetes
- 1 in 7 people in this group are at high risk of developing Type 2 diabetes in the future

You have a **high** chance of having Type 2 diabetes or getting it in the future.

What should you do now?: You should discuss your risk score at your GP surgery; you may need a diabetes test. To reduce your risk, you should follow a healthy lifestyle by keeping active and eating a balanced diet. Take action to improve your lifestyle now!

MEDIUM RISK - 7 to 17 points

What does this mean?

- 1 in 50 people in this group have may have undiagnosed Type 2 diabetes
- 1 in 10 people in this group are at high risk of developing Type 2 diabetes in the future

What should you do now?: As you get older, your risk of developing Type 2 diabetes may increase. It is important that you follow a healthy lifestyle (keeping active and at a healthy weight) in order to reduce your risk of diabetes and other problems, such as heart disease or high blood pressure.

LOW RISK - 0 to 6 points

What does this mean?

- 1 in 200 people in this group may have undiagnosed Type 2 diabetes
- 1 in 20 people in this group are at high risk of developing Type 2 diabetes in the future

What should you do now?: As you get older, your risk of developing Type 2 diabetes may increase. It is important that you follow a healthy lifestyle (keeping active and at a healthy weight) in order to reduce your risk of diabetes and other problems such as heart disease or high blood pressure.