

DIABETES RISK SCORE

1. **Age**
 - 0 p. < 45 years
 - 2 p. 45 - 54 years
 - 3 p. 55 - 64 years
 - 4 p. > 64 years

2. **Body mass index**
 - 0 p. < 25 kg/m²
 - 1 p. 25 - 30 kg/m²
 - 3 p. > 30 kg/m²

3. **Waist circumference**

	MEN	WOMEN
0 p.	< 94 cm	< 80 cm
3 p.	94 - 102 cm	80 - 88 cm
4 p.	> 102 cm	> 88 cm

4. **Do you exercise or exert yourself in your spare time or at work at least 30 minutes on most days?**
 - 0 p. Yes
 - 2 p. No

5. **How often do you eat vegetables and fruits or berries?**
 - 0 p. Every day
 - 1 p. Not every day

6. **Have you ever used drugs for blood pressure?**
 - 0 p. No
 - 2 p. Yes

7. **Has a physician or other health care provider ever told you that you have high or heightened blood glucose (in a medical check-up, during an illness or pregnancy)?**
 - 0 p. No
 - 5 p. Yes

8. **Have any of your family members been diagnosed with diabetes?**
 - 0 p. No
 - 3 p. Yes: grandparent, uncle, aunt or cousin (but no parent, sibling or own child)
 - 5 p. Yes: biological father or mother, sibling, or own child

Diabetes risk total score (add up items 1-8): _____

Your risk to get type 2 diabetes during the next 10 years is

< 7	→	low: 1 out of 100
7 - 11	→	slightly elevated: 1 out of 25
12 - 14	→	moderate: 1 out of 6
15 - 20	→	high: 1 out of 3
> 20	→	very high: 1 out of 2