

# Evaluation of the risk for diabetes

**Circle your answer and keep track of your points.**

## 1. What is your age?

- 0 pts. Below 35 years
- 1 pts. Between 35 and 44 years
- 2 pts. Between 45 and 54 years
- 3 pts. Between 55 and 64 years
- 4 pts. Older than 64 years

## 2. Have any of the members in your family been diagnosed with diabetes?

- 0 pts. No
- 3 pts. Yes : extended family members, grand-parents, uncles, aunts, cousins, ...
- 5 pts. Yes : immediate family members, father, mother, children, brother, sister

## 3. What is your waist circumference (at the level of the navel)?

### For men :

- 0 pts. Less than 94 cm
- 3 pts. Between 94 - 102 cm
- 4 pts. More than 102 cm

### For women :

- 0 pts. Less than 80 cm
- 3 pts. Between 80-88 cm
- 4 pts. More than 88 cm

## 4. Do you usually have daily at least 30 minutes of physical activity?

- 0 pts. Yes
- 2 pts. No

## 5. How often do you eat vegetables or fruits?

- 0 pts. Every day
- 1 pts. Not every day

## 6. Have you ever been prescribed medication for high blood pressure?

- 0 pts. No
- 2 pts. Yes

## 7. Have you ever been found to have high blood glucose (eg. in a health examination, during pregnancy)?

- 0 pts. No
- 5 pts. Yes

## 8. What is your Body Mass Index ( BMI)?

The BMI is calculated by dividing your weight in kg by your length in m squared.

- 0 pts. Lower than 25 kg/m<sup>2</sup>
- 1 pts. Between 25 and 30 kg/m<sup>2</sup>
- 3 pts. More than 30 kg/m<sup>2</sup>

## Results

Add up your points and calculate your risk of developing diabetes type 2 within 10 years.

**Total : .....**

Less than 7 ..... Low risk

Between 7 and 11 ..... Moderate risk

More than 12 ..... high risk

**For more information, talk to your pharmacist**