



Type 2 Diabetes Risk Assessment Form

Select the correct option with a checkmark and add up the points. (eg. 2pts)

This questionnaire is intended for adults aged 40 to 74 years.

1. Age

0pt Under 45 years
 2pt 45 – 54 years
 3pt 55 – 64 years
 4pt Over 64 years

6. High Blood Pressure

Have you ever taken anti-hypertensive medication regularly?
 0pt No
 2pt Yes

2. Body Mass Index (BMI)

Use the height and weight table on the reverse to find your BMI.
 0pt Lower than 25 kg/m²
 1pt 25 – 30 kg/m²
 3pt Higher than 30 kg/m²

7. High Blood Sugar

Have you ever been found to have high blood glucose (e.g. in a health examination)?
 0pt No
 5pt Yes

3. Waist Circumference

Measured level with the navel.

| | |
|---|--|
| Men | Women |
| 0pt <input type="checkbox"/> Under 94 cm (37") | 0pt <input type="checkbox"/> Under 80 cm (31.5") |
| 3pt <input type="checkbox"/> 94–102 cm (37-40") | 3pt <input type="checkbox"/> 80–88 cm (31.5-35") |
| 4pt <input type="checkbox"/> Over 102 cm (40") | 4pt <input type="checkbox"/> Over 88 cm (35") |

8. Family

Have any members of your family been diagnosed with diabetes (type 1 or type 2)?
 0pt No
 3pt Yes: grandparent, aunt, uncle or first cousin (but not own parent, brother, sister or child)
 5pt Yes: parent, brother, sister, or own child

4. Daily Activity

Do you usually have at least 30 minutes of physical activity every day?
 0pt Yes
 2pt No

5. Fruits and Vegetables

How often do you eat vegetables, fruit, or berries?
 0pt Every day
 1pt Not every day

Total Risk Score = Sum of points 1 through 8

The risk of developing type 2 diabetes within 10 years is:

| | |
|-------------|---------------------------------|
| Less than 7 | Low Risk: 1 in 100 |
| 7-11 | Slightly Elevated Risk: 1 in 25 |
| 12-14 | Moderate Risk: 1 in 6 |
| 15-20 | High Risk: 1 in 3 |
| Over 20 | Very High Risk: 1 in 2 |

Source: Adapted from the Canadian Diabetes Risk Assessment Questionnaire (CANRISK)



Body Mass Index

Recalculating a Hefty Sum

The U.S. government's new standard, based on "body mass index," increases the number of North American adults defined as overweight.

How to figure body mass index:
$$\text{BMI} = \frac{703 \times \text{weight in pounds}}{(\text{Height in inches})^2}$$

| Body mass index measured by height and weight | Previously healthy; | | | | In old standard, overweight at 27; men at 28 | | | | Obese | | | |
|---|---------------------|-----|-----|-----|--|-----|-------------------|-----|-------|-------------------|-----|--|
| | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| 5' | 107 | 112 | 118 | 123 | 128 | 133 | 138 | 143 | 148 | 153 | 158 | |
| 5'1" | 111 | 116 | 122 | 127 | 132 | 137 | 143 | 148 | 153 | 158 | 164 | |
| 5'3" | 118 | 124 | 130 | 135 | 141 | 146 | 152 | 158 | 163 | 169 | 175 | |
| 5'5" | 126 | 132 | 138 | 144 | 150 | 156 | 162 | 168 | 174 | 180 | 186 | |
| 5'7" | 134 | 140 | 146 | 153 | 159 | 166 | 172 | 178 | 185 | 191 | 198 | |
| 5'9" | 142 | 149 | 155 | 162 | 169 | 176 | 182 | 189 | 196 | 203 | 209 | |
| 5'11" | 150 | 157 | 165 | 172 | 179 | 186 | 193 | 200 | 208 | 215 | 222 | |
| 6'1" | 159 | 166 | 174 | 182 | 189 | 197 | 204 | 212 | 219 | 227 | 235 | |
| 6'3" | 168 | 176 | 184 | 192 | 200 | 208 | 216 | 224 | 232 | 240 | 248 | |
| | 32 million adults | | | | | | 32 million adults | | | 43 million adults | | |

How to calculate your Body Mass Index

Body Mass Index (BMI) is a ratio of height and weight. On this chart, the numbers across the top are the BMI. Heights are shown on the left, and the numbers making up the box are weights in pounds. To find your BMI, find your height, then look across to the box with the appropriate height. The number at the top of that column is your BMI.

You can call the Ottawa-Carleton Regional Health Department's nutrition line at 722-2242 ext 3403 to obtain a Health Canada BMI chart, or you can calculate your BMI by visiting an internet site at <http://www.nhibi.nih.gov>. Go to "clinical guidelines on overweight and obesity" and then click on Body Mass Index Calculator."

How to calculate your waist-to-hip ratio

- 1) Measure your waist at your navel (In inches or centimeters)
- 2) Measure your hips at the widest point (over your buttocks)
- 3) Divide your waist measurement by your hip measurement

For example: if you have a 27 inch waist and 38-inch hips, divide 27 by 38 to get a waist hip ratio of 0.71. For most women, the waist-to-hip ratio should fall below 0.80. For most men, the waist to hip ratio should be no greater than 1.0.

