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



2. Body Mass Index (BMI)

| Use | the | height | and | weight | table | on | the | reverse |
|--|------|---------|-----|--------|-------|----|-----|---------|
| to find | d yo | ur BMI. | | | | | | |
| Opt ☐ Lower than 25 kg/m ² | | | | | | | | |
| 1pt □ 25 – 30 kg/m ² | | | | | | | | |
| 3pt ☐ Higher than 30 kg/m ² | | | | | | | | |
| | | | | | | | | |

3. Waist Circumference

| Measured level with the nav | vel. |
|---------------------------------|----------------------------------|
| Men | Women |
| 0pt □ Under 94 cm (37") | 0pt □ Under 80 cm (31.5") |
| 3pt □ 94–102 cm (37-40") | 3pt □ 80–88 cm (31.5-35") |
| 4pt ☐ Over 102 cm (40") | 4pt ☐ Over 88 cm (35") |
| | |

4. Daily Activity

| Do you usually | have at | least | 30 | minutes | of | physical |
|-------------------|---------|-------|----|---------|----|----------|
| activity every da | y? | | | | | |
| Opt □ Yes | | | | | | |
| 2pt ☐ No | | | | | | |
| | | | | | | |

5. Fruits and Vegetables

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

6. High Blood Pressure

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

7. High Blood Sugar

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

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 |
| |

Total Risk Score = Sum of points 1 through 8

The risk of developing type 2 diabetes

| | , |
|-------------|---------------------------------|
| 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 |

within 10 years is:

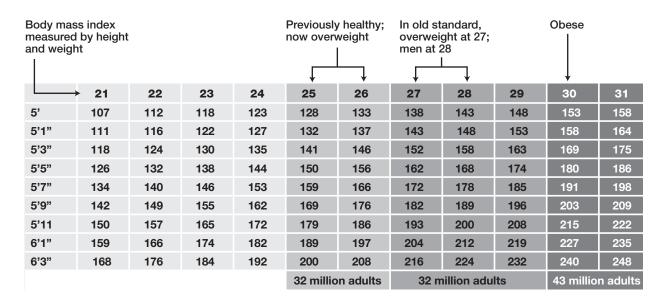
Source: Adapted from the Canadian Diabetes Risk Assessment Questionnaire (CANRISK)

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 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 show on the left, and the numbers making up the box are weights in pounds. To find your MBI, find your height, then look across to the box with the appropriate height. The number at the top of that column is your MBI.

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.