

IF YOU ARE 40-49 YEARS OLD AND HAVE EXCESS WEIGHT AROUND YOUR MIDDLE THEN YOU MIGHT BE AT RISK OF DEVELOPING HEALTH PROBLEMS LIKE TYPE 2 DIABETES AND HEART DISEASE.



A program funded by the Australian Government prevention of type 2 diabetes program

However, it is never too late to turn your health around. Start by taking the test in this brochure. If you would like to be fitter and healthier talk to your General Practitioner about your options. Remember it's never too late.

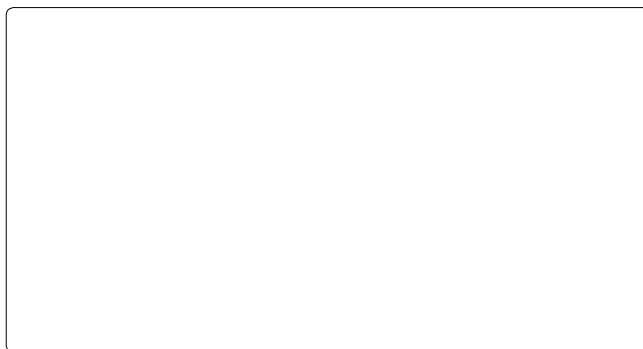


LIFESTYLE MODIFICATION PROGRAM

If you are like many other Australians who want more energy and better health, and you are aged between 40 and 49 years old, then a Lifestyle Modification Program (LMP) may help you to achieve this goal.

The programs are designed to help people turn their health around and involve seven education sessions about food and nutrition and how to lose those extra kilos and centimetres.

For more information on how to enrol for an LMP, speak to your GP.



Get a
new lease
of life

THE AUSTRALIAN TYPE 2 DIABETES RISK ASSESSMENT TOOL (AUSDRISK)

1. Your age group

- Under 35 years 0 points
- 35 – 44 years 2 points
- 45 – 54 years 4 points
- 55 – 64 years 6 points
- 65 years or over 8 points

2. Your gender

- Female 0 points
- Male 3 points

3. Your ethnicity/country of birth:

3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

- No 0 points
- Yes 2 points

3b. Where were you born?

- Australia 0 points
- Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe 2 points
- Other 0 points

4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?

- No 0 points
- Yes 3 points

5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?

- No 0 points
- Yes 6 points

6. Are you currently taking medication for high blood pressure?

- No 0 points
- Yes 2 points

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?

- No 0 points
- Yes 2 points

8. How often do you eat vegetables or fruit?

- Everyday 0 points
- Not everyday 1 point

9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?

- Yes 0 points
- No 2 points

10. Your waist measurement taken below the ribs (usually at the level of the navel, and while standing)

Waist measurements (cm)

For those of Asian or Aboriginal or Torres Strait Islander descent:

Men

- Less than 90 cm
- 90 – 100 cm
- More than 100 cm

Women

- Less than 80 cm
- 80 – 90 cm
- More than 90 cm

- 0 points
- 4 points
- 7 points

For all others:

Men

- Less than 102 cm
- 102 – 110 cm
- More than 110 cm

Women

- Less than 88 cm
- 88 – 100 cm
- More than 100 cm

- 0 points
- 4 points
- 7 points

Add up your points

Your risk of developing type 2 diabetes within 5 years*

5 or less: Low risk

Approximately one person in every 100 will develop type 2 diabetes.

6 - 11: Intermediate risk

For scores of 6-8, approximately one person in every 50 will develop diabetes. For scores of 9-11, approximately one person in every 30 will develop diabetes.

12 or more: High risk

For scores of 12-15, approximately one person in every 14 will develop diabetes. For scores of 16-19, approximately one person in every 7 will develop diabetes. For scores of 20 and above, approximately one person in every 3 will develop diabetes.

* The overall score may overestimate the risk of diabetes in those aged less than 25 years.

If you scored 6-11 points in the AUSDRISK you may be at increased risk of type 2 diabetes.

Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

If you scored 12 points or more in the AUSDRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease.

See your doctor about having a fasting blood glucose test. Act now to prevent type 2 diabetes.

www.newleaseoflife.com.au