

# 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 measurement (cm)
- For those of Asian or Aboriginal or Torres Strait Islander descent:
- | Men              | Women           |                                   |
|------------------|-----------------|-----------------------------------|
| Less than 90 cm  | Less than 80 cm | <input type="checkbox"/> 0 points |
| 90 – 100 cm      | 80 – 90 cm      | <input type="checkbox"/> 4 points |
| More than 100 cm | More than 90 cm | <input type="checkbox"/> 7 points |
- For all others:
- | Men              | Women            |                                   |
|------------------|------------------|-----------------------------------|
| Less than 102 cm | Less than 88 cm  | <input type="checkbox"/> 0 points |
| 102 – 110 cm     | 88 – 100 cm      | <input type="checkbox"/> 4 points |
| More than 110 cm | More than 100 cm | <input type="checkbox"/> 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 diabetes.
- 6 – 14: Intermediate risk  
 For scores of 6–8, approximately one person in every 50 will develop diabetes. For scores of 9–14, approximately one person in every 20 will develop diabetes.
- 15 or more: High risk  
 For scores of 15–19, approximately one person in every seven will develop diabetes. For scores of 20 and above, approximately one person in every three will develop diabetes.

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

If you scored 15 points or more in this AusDRISK form, you may be eligible to participate in our 'preventing type 2 diabetes study'. Please ring our research assistant **Anni on 8345 6252**

The Australian Type 2 Diabetes Risk Assessment Tool was originally developed by the International Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the COAG Diabetes reducing the risk of type 2 diabetes initiative.