

# 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. 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?

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)?

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

Men	Women	
Less than 90 cm	Less than 80 cm	0 points
90 – 100 cm	80 – 90 cm	4 points
More than 100 cm	More than 90 cm	7 points

For all others:

Men	Women	
Less than 102 cm	Less than 88 cm	0 points
102 – 110 cm	88 – 100 cm	4 points
More than 110 cm	More than 100 cm	7 points

Add up your score

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.

If you scored 15 or more points, it is important that you discuss your score with your doctor.

\*The overall score may overestimate the risk of diabetes in those aged less than 25 years and underestimate the risk of diabetes in people of Aboriginal and Torres Strait Islander descent.

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.