

# COULD YOU HAVE TYPE 2 DIABETES?

Type 2 diabetes develops when the body cannot control the amount of sugar in the blood. Type 2 diabetes can develop over a number of years without any symptoms. You can use this questionnaire to work out your own 'risk' of Type 2 diabetes.



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## What does 'risk' mean?

'Risk' of Type 2 diabetes means how high is the chance of you having Type 2 diabetes now, or getting it in the future. Things which increase your risk of having Type 2 diabetes are called risk factors. Example risk factors are: being older, or having diabetes in your family.

This questionnaire asks you about your risk factors to give you a 'risk score'.



## How will knowing your risk score help you?

Knowing your risk score will tell you what you need to do next. For some people, this may mean talking to their GP.

If you find out that you already have Type 2 diabetes, the good news is that being diagnosed sooner rather than later may help to prevent or delay future problems. You could reduce your chances of having heart attacks and strokes, and serious problems with your eyes, feet and kidneys.

If you find out that you have a higher risk of getting Type 2 diabetes in the future, there is some good news for you too. Making a few small changes (for example, to what you eat) can prevent or delay diabetes.

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**QUESTIONNAIRE:** Do you want to know your risk of Type 2 diabetes? For each question, tick one white box (✓).

1. Which age group are you in?			
49 years and younger	0	60-69 years	9
50-59 years	5	70 years and/or older	13
2. Are you male or female?			
Male	1	Female	0
3. How would you describe your ethnicity?			
White European	0	Any other ethnic group	6
4. Do you have a parent, brother, sister and/or child with Type 1 or Type 2 diabetes? (Do not count step-relatives)			
Yes	5	No	0
5. Which waist size group are you in? (See instructions on page 5)			
Less than 90 cm (35 inches)	0	100-109 cm (39-42 inches)	6
90-99 cm (35-38 inches)	4	110 cm (43 inches) and above	9
6. Which Body Mass Index (BMI) group are you in? (See explanation and instructions on pages 6 and 7)			
Less than 25	0	30-34	5
25-29	3	35+	8
7. Have you ever been told by a doctor or nurse that you have high blood pressure?			
Yes	5	No	0
To get your risk score, add up the numbers in the blue boxes next to the seven boxes that you have ticked.			
Write the total number here – This is your risk score:			
To find out what this means go to pages 8 and 9			

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