

MEDIA RELEASE

WEDNESDAY 14 JULY



ONLINE QUESTIONNAIRE HELPS CHECK RISK OF TYPE 2 DIABETES NATIONAL DIABETES WEEK – 11-17 JULY

During *National Diabetes Week*, the General Practice Tasmania Network is urging Tasmanians to take a simple test to determine their risk of type 2 diabetes.

General Practice Tasmania spokesperson, Dr Judith Watson, says the AUSDRISK tool – which is a simple questionnaire available online or through general practice – can identify if a person has the *risk factors* associated with developing type 2 diabetes.

“This questionnaire is a simple first step for people to at least rule out their potential risk for type 2 diabetes or to start dealing with their potential risk if the results indicate otherwise,” Dr Watson said.

“The AUSDRISK questionnaire will identify areas associated with age, diet and lifestyle that may increase a person’s risk of developing the disease.

Studies conducted by the Baker IDI Heart and Diabetes Institute have found that, for every known case of diabetes, there is one undiagnosed case and they estimate that every day, over 270 people develop diabetes in Australia.

People with diabetes have a higher risk of developing heart disease, stroke, high blood pressure, circulation problems, lower limb amputations, nerve damage and damage to the kidneys and eyes. “But for many Australians, the tell-tale signs are not obvious and often this disease goes undetected before it becomes too late,” said Dr Watson

“This is one of the key benefits to taking this AUSDRISK test – it has the potential to prevent people from developing type 2 diabetes

Dr Watson said that there are programs available in Tasmania to support diabetes prevention and management.

“We are urging Tasmanians, particularly those placed at higher risk of developing the disease over the age of 40 to take a moment to do the AUSDRISK questionnaire and then discuss the results with their general practitioner.

“If a patient is identified as *at risk*, they may be eligible to join a lifestyle modification program to get help with diet, exercise and quitting smoking” she said.

“While type 2 diabetes is a chronic disease, early intervention can often significantly delay someone being diagnosed with type 2 diabetes or eliminate their risk all together,” said Dr Watson

To find out your risk and for more information on lifestyle modification programs visit www.newleaseoflife.com.au or contact your local Division of General Practice.

Media contact:

Dr Judith Watson

The General Practice Tasmania network is a unique statewide infrastructure that supports contemporary general practice in Tasmania by linking GPs with each other, by supporting all members of the general practice team and, increasingly, by employing or supporting allied health professionals such as physiotherapists, dieticians and psychologists to be part of the primary care team. General Practice Tasmania is also a proud member of the Australian General Practice Network.

A proud member of



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 | 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.
- 6-11: 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 three 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.