



International  
Diabetes  
Federation



## TEST2PREVENT KNOW YOUR RISK OF TYPE 2 DIABETES

Please score each question!

**1 AGE** Under 45 years (0 points) 55 to 64 years (3 points)   
45 to 54 years (2 points) Over 64 years (4 points)

**2 Length:** .....m **BMI** Lower than 25 (0 points)   
**Weight** .....kg 25 to 30 (1 points)  
**\*BMI:** .....kg/m<sup>2</sup> Higher than 30 (3 points)

**3 Waist Size** **Women** **Men**   
..... cm Less than 80cm Less than 94cm (0 points)  
80 to 88cm 94 to 102cm (3 points)  
More than 88cm More than 102cm (4 points)

**4 Do you usually do at least 30 min of physical activity/exercise per day?**   
YES (0 points) NO (2 points)

**5 How often do you eat vegetables and/or fruit?**   
Every day (0 points) Not every day (1 points)

**6 Have you ever taken medication for high blood pressure on regular basis?**   
NO (0 points) YES (2 points)  
Blood pressure today: .....

**7 Have you ever been found to have high blood glucose/sugar (e.g. in a health examination, during an illness, during pregnancy)?**   
NO (0 points) YES (5 points)  
Blood glucose today: .....mmol/l

**8 Have any members of your immediate family / relatives been diagnosed with diabetes?**   
NO (0 points)  
YES: parent, brother, sister or own child (5 points)  
YES: grandparent, uncle, aunt or first cousin (3 points)

**VERY NB: If your score is 15 or more, please have your blood sugar tested.**

**TOTAL RISK SCORE**

### Calculating Body Mass Index (BMI)

\*BMI = weight divided by (length x length)

If you are **165cm tall** and **weigh 85 kg**, your **BMI is 31** and in the **High-Risk Range**.

BMI = 85kg / (1.65m x 1.65m) = 31

#### BMI Range

Below 24,9  
25,0 to 29,9  
30 or Above

#### Weight Health Status

Low Risk  
At Risk  
High Risk

## TOTAL RISK SCORE

### The Risk of developing Type-2 Diabetes within 10 years is:

- 0-6:** **Low Risk**; estimated 1 in 100 will develop disease.
- 7-11:** **Slightly Increased Risk**, estimated 1 in 25 will develop disease.
- 12-14:** **Average Risk**; estimated 1 in 6 will develop disease.
- 15-20:** **High Risk**: estimated 1 in 3 will develop disease.
- Above 20:** **Very High Risk**; estimated 1 in 2 will develop disease.

## TEST2PREVENT

### Know Your Risk of Type 2 Diabetes

The International Diabetes Foundation (IDF) has created an online Diabetes Risk Assessment (printed version of the tool is on the front page) which aims to predict an individual's risk of developing Type 2 Diabetes within the next 10 years. The test is based on the Finnish Diabetes Risk Score developed and designed by Prof Jaakko Tuomilehto from the University of Helsinki, and Jaana Lindstrom from National Institute, Helsinki, Finland.

The test takes only a few minutes to complete. It is a quick, easy and confidential way to find out your risk of developing Type 2 Diabetes.

[https://www.idf.org/type-2-diabetes-risk-assessment/?source=post\\_page](https://www.idf.org/type-2-diabetes-risk-assessment/?source=post_page)

## Healthy Lifestyle Actions to Lower Your Risk of Developing Type 2 Diabetes!

There is a tendency for diabetes to run in families because they usually eat the same food and live a similar lifestyle. Your lifestyle choices influence your risk of developing Type 2 Diabetes. You can prevent or lower your risk by living a healthy lifestyle (regular physical activity, healthy eating, healthy weight management, etc.).

If there is diabetes in your family, you should be careful not to put on weight over the years. Growth of the waist size increases the risk of diabetes, whereas regular physical activity will lower the risk. You should also take care of your eating and drinking habits; making sure each day to eat healthy foods, make water your drink of choice, and avoid or limit food and drinks containing added sugar.

Early stages of Type 2 Diabetes seldom cause any symptoms. If you scored 12-14 points in the Risk Test, it is strongly recommended to seriously consider your level of physical activity and eating habits and pay attention to your weight to prevent yourself from developing diabetes. Please contact your nearest health clinic for further guidance and tests.

**If you scored 15 points or more in the Risk Test, it is very important to have your blood sugar (glucose) measured at your nearest health clinic to find out if you have diabetes without symptoms.**

Adapted from Diabetes resources of the Finnish Diabetes Association & Tygerberg Hospital, Western Cape Government Department of Health

## Healthy Eating and Drinking Tips – Start Making Healthy Changes TODAY!

16. Enjoy a variety of unprocessed/minimally processed foods.
17. Eat plenty of vegetable and fruit every day – Eat a Rainbow Every Day!
18. Eat dry beans, peas, lentils and soya regularly.
19. Eat chicken fish and eggs less often.
20. Eat butter, cheese, yoghurt, milk and red meat only occasionally.
21. Use fats sparingly – choose vegetable oils rather than hard fats.
22. Plan and prepare healthy home meals rather than buying ready-to-eat meals/snacks or eating out frequently.
23. Eat and cook as a family. Allow the kids to be involved.
24. Always check food and beverage labels to read what is in your food and drink.
25. Use sugar, and foods and drinks high in added sugar, sparingly.
26. Use salt, and foods and drinks high in salt, sparingly.
27. Limit your intake of sugar-sweetened beverages, including sweetened fruit juices.
28. Dilute fruit juices with water before drinking them.
29. Drink lots of clean and safe water! Use natural infusions for flavour – e.g. add herbs and/or fruit to water.
30. Alcohol can damage health and should be used sensibly and responsibly.

**Make Healthy Eating – Whole Foods – a Way of Life!**

**Make Water Your Drink of Choice!**