

TEST YOUR RISK

for type 2 diabetes

diabetes
foreningen



The Danish
Diabetes
Association



TEST YOUR RISK of having, or developing, type 2 diabetes

The Danish Diabetes Association recommends that you answer the 7 questions in this table, add the accumulated points together, and assess which risk group you belong to. Please note that the risk test cannot be used for people below the age of 18.

1 Which age group do you belong to?

- | | | |
|-------------------|-----------|--------------------------|
| 18-49 years | 0 points | <input type="checkbox"/> |
| 50-59 years | 5 points | <input type="checkbox"/> |
| 60-69 years | 9 points | <input type="checkbox"/> |
| 70 years or older | 13 points | <input type="checkbox"/> |

2 Are you female or male?

- | | | |
|--------|----------|--------------------------|
| Female | 0 points | <input type="checkbox"/> |
| Male | 1 points | <input type="checkbox"/> |

3 How would you describe your ethnic background?

- | | | |
|--------------------|----------|--------------------------|
| White European | 0 points | <input type="checkbox"/> |
| Other ethnic group | 6 points | <input type="checkbox"/> |

4 Do you have a parent, brother, sister, and/or child with type 1 or type 2 diabetes?

- | | | |
|-----|----------|--------------------------|
| No | 0 points | <input type="checkbox"/> |
| Yes | 5 points | <input type="checkbox"/> |

5 What is your waist size?

Place the measuring tape around the fattest part of your stomach. It is important that you do not hold your stomach in

- | | | |
|------------------|----------|--------------------------|
| Below 90 cm | 0 points | <input type="checkbox"/> |
| 90-99 cm | 4 points | <input type="checkbox"/> |
| 100-109 cm | 6 points | <input type="checkbox"/> |
| 110 cm and above | 9 points | <input type="checkbox"/> |

6 Has a doctor or nurse ever told you that your blood pressure is too high?

- | | | |
|-----|----------|--------------------------|
| No | 0 points | <input type="checkbox"/> |
| Yes | 5 points | <input type="checkbox"/> |

7 Which BMI (Body Mass Index) group do you belong to?

See the table below. Here you will find your height, weight, and right at the bottom you can see which BMI group you belong to.

Height Measured in cm	Weight Measured in kg	Weight Measured in kg	Weight Measured in kg	Weight Measured in kg
147 or less	Under 54.0	54.0-64.9	65.0-75.9	76 or more
150 or less	Under 57.0	57.0-67.9	68.0-78.9	79 or more
152 or less	Under 58.0	58.0-69.9	70.0-80.9	81 or more
155 or less	Under 60.0	60.0-71.9	72.0-83.9	84 or more
157 or less	Under 62.0	62.0-73.9	74.0-86.9	87 or more
160 or less	Under 64.0	64.0-76.9	77.0-89.9	90 or more
163 or less	Under 66.0	66.0-79.9	80.0-92.9	93 or more
165 or less	Under 68.0	68.0-81.9	82.0-95.9	96 or more
168 or less	Under 70.0	70.0-84.9	85.0-98.9	99 or more
170 or less	Under 73.0	73.0-86.9	87.0-101.9	102 or more
173 or less	Under 75.0	75.0-89.9	90.0-104.9	105 or more
175 or less	Under 77.0	77.0-91.9	92.0-107.9	108 or more
178 or less	Under 80.0	80.0-94.9	95.0-110.9	111 or more
180 or less	Under 81.0	81.0-97.9	98.0-113.9	114 or more
183 or less	Under 84.0	84.0-100.9	101.0-117.9	118 or more
185 or less	Under 86.0	86.0-102.9	103.0-119.9	120 or more
188 or less	Under 89.0	89.0-105.9	106.0-123.9	124 or more
191 or less	Under 92.0	92.0-109.9	110.0-127.9	128 or more
193 or less	Under 93.0	93.0-111.9	112.0-130.9	131 or more
BMI	24 or less	25-29	30-34	35 or more

0 points

3 points

5 points

8 points

Add your points from each of the 7 questions, and refer your points to the next page, where you can assess your risk of developing type 2 diabetes.

Total number of points:

Your total number of points from the 7 questions: Assess your risk in one of the following four boxes.

LOW RISK 0-6 points

What does low risk mean?

- 1 of 200 people in this group have type 2 diabetes that has not been diagnosed
- 1 of 20 people in this group have a high risk of developing type 2 diabetes in the future

What can you do?

As you grow older, your risk of developing type 2 diabetes can increase. By exercising regularly and eating a healthy diet, you can reduce the risk of developing type 2 diabetes, cardiovascular diseases, and increased blood pressure.

MODERATE RISK 7-15 points

What does moderate risk mean?

- 1 of 50 people in this group have type 2 diabetes that has not been diagnosed
- 1 of 10 people in this group have a high risk of developing type 2 diabetes in the future

What can you do?

As you grow older, your risk of developing type 2 diabetes can increase. By exercising regularly and eating a healthy diet, you can reduce the risk of developing type 2 diabetes, cardiovascular diseases, and increased blood pressure.

HIGH RISK 16-24 POINTS

What does high risk mean?

- 1 of 33 people in this group have type 2 diabetes that has not been diagnosed
- 1 of 7 people in this group have a high risk of developing type 2 diabetes in the future

You have a high risk of having type 2 diabetes now or in the future.

What can you do?

We recommend that you book an appointment with your GP within the next 4 weeks, in order to examine whether you have type 2 diabetes, or a high risk of cardiovascular disease. By exercising regularly and eating a healthy diet, you can reduce the risk of developing type 2 diabetes, cardiovascular diseases, and increased blood pressure. This is the time to actively do something to improve your lifestyle.

VERY HIGH RISK 25-47 POINTS

What does very high risk mean?

- 1 of 14 people in this group have type 2 diabetes that has not been diagnosed
- 1 of 3 people in this group have a high risk of developing type 2 diabetes in the future

You have a very high risk of having type 2 diabetes now or in the future.

What can you do?

We recommend that you book an appointment with your GP within approx. 1 to 2 weeks, in order to examine whether you have type 2 diabetes, or a high risk of cardiovascular disease. By exercising regularly and eating a healthy diet, you can reduce the risk of developing type 2 diabetes, cardiovascular diseases, and increased blood pressure. This is the time to actively do something to improve your lifestyle.

Read more at diabetes.dk

