

Type 2 diabetes risk assessment form

The FinDRISC (FINnish Diabetes RISK Score) is a widely recognized and scientifically validated method for assessing diabetes risk. The FINDRISC established by the Finnish Diabetes Association.

1. Your age ?

Under 45 years	(0 pts)
45 and 54 years	(2 pts)
55 and 64 years	(3 pts)
Over 64 years	(4 pts)

2. Do you have a relatives / close family history of diabetes?

No	(0 pts)
Yes : grandparent, aunt, uncle or first cousin	(3 pts)
Yes : parent, brother, sister or own child	(5 pts)

3. Do you usually have daily at least 30 minutes of physical activity at work and/or during leisure time ? (including normal or daily activity)

Yes	(0 pts)
No	(2 pts)

4. How often do you eat vegetables, fruit or berries ?

Every day	(0 pts)
No every day	(1 pts)

5. Have you ever taken medication for high blood pressure on a regular basis ?

No	(0 pts)
Yes	(2 pts)

6. Have you ever had high blood sugar? (During health examination, illness or pregnancy) (blood sugar >1.10g/L)

No	(0 pts)
Yes	(5 pts)

7. What's your waist circumference measured below the ribs (usually at the level of the navel) ?

Men				
	<input type="checkbox"/>	Less than 94 cm	(0 pts)	
	<input type="checkbox"/>	92-102 cm	(3 pts)	
	<input type="checkbox"/>	More than 102 cm	(4 pts)	
Women				
	<input type="checkbox"/>	Less than 80 cm	(0 pts)	
	<input type="checkbox"/>	80-88 cm	(3 pts)	
	<input type="checkbox"/>	More than 88 cm	(4 pts)	

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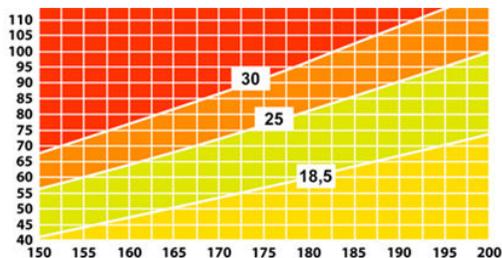
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8. Body mass index (BMI)

To calculate your BMI, you can use the following graph or formula : $BMI = \text{Weight}/(\text{Height} \times \text{Height})$ with your height in meters.



- BMI lower than 25 (0 pts)
- 25 - 30 (1 pts)
- BMI higher than 30 (3 pts)

Total risk score =

Lower than 7 points

Your risk of developing type 2 diabetes within 10 years is **low (1 %)**. This is great, but keep an eye on any changes that could increase your risk in future. **It's important to maintain a healthy lifestyle** to make sure your risk stays low. Our risk of type 2 diabetes increases as we get older, but making healthier choices and maintaining a healthy weight are the best things you can do for your health

7 - 11 points

Your risk of developing type 2 diabetes within 10 years is **slightly elevated (4 %)**. Making healthier lifestyle choices could help reduce this risk. **It's important to maintain a healthy lifestyle** to make sure your risk stays low. Our risk of type 2 diabetes increases as we get older, but making healthier choices and maintaining a healthy weight are the best things you can do for your health.

12 - 14 points

Your risk of developing type 2 diabetes within 10 years is **moderate (17 %)**. If you're at medium risk, look at where you're scoring points. **Could you reduce your weight or waist size ?** Making some small changes now could make a big difference to your health in the future, such as making healthy food choices and doing more physical activity.

15 - 20 points

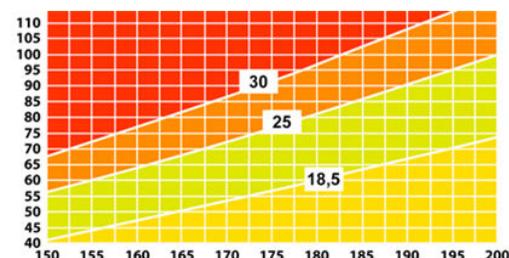
Your risk of developing type 2 diabetes within 10 years is **high (33 %)**. If you have a high risk, you **need to visit your GP** as soon as possible – you may need a blood test to check for diabetes. You need to talk about your risk with your doctor and plan what action you're going to take. You can't change some things, but making healthier lifestyle choices could help to reduce your risk.

15 - 20 points

Your risk of developing type 2 diabetes within 10 years is **very high (50 %)**. If you find out you're at a very high risk of developing type 2 diabetes, then it is important to take action now. You could have it without knowing, so it's essential that you **make an appointment at your GP** to have a quick blood test. The good news is that research has consistently shown that for some people, combined lifestyle interventions - including diet, physical activity and sustained weight loss - can be effective in reducing the risk of type 2 diabetes by about 50%.

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