

## Diabetes risk score questionnaire

Diabetes is a common life-long health condition. There are 2.8 million people diagnosed with diabetes in the UK and an estimated 850,000 people who have the condition but don't know it.

Diabetes is a condition where the amount of glucose in your blood is too high because the body cannot use it properly. This is because your pancreas does not produce any insulin, or not enough, to help glucose enter your body's cells – or the insulin that is produced does not work properly (known as insulin resistance).

**1. Age**

- Under 45 years
- 45 – 54 years
- 55 – 64 years
- Over 64 years

**2. Body Mass Index (BMI)**

- Lower than 25kg/m<sup>2</sup>
- 25 – 30 kg/ m<sup>2</sup>
- Higher than 30kg/ m<sup>2</sup>

**3. Waist Circumference (between rib and top of hip)**

**Women**

- Less than 80cm
- 80 – 88cm
- More than 88cm

**Men**

- Less than 94cm
- 94 – 102cm
- More than 102cm

**4. Do you have at least 30 minutes of physical activity daily? And/ or during leisure (including normal daily activity?)**

- Yes
- No

**5. How often do you eat vegetables or fruit?**

- Every day
- Not every day

**6. Have you ever taken antihypertensive medication regularly?**

- No
- Yes

7. Have you ever found to have high blood glucose (eg in a health examination, during illness or during pregnancy?)

No

Yes

8. Has any member of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)

No

Yes; grandparent, uncle, aunt, 1<sup>st</sup> cousin (not parent, brother, sister, own child)

Yes; parent, brother, sister, own child

Answer the questionnaire and return to [Tom@robinsonfitness.co.uk](mailto:Tom@robinsonfitness.co.uk); to help find out your chances of developing diabetes within 10 years and to find out some more information!

Good Luck

Tom