

# 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.
- 6-14: Intermediate risk**  
For scores of 6-8, approximately one person in every 50 will develop diabetes. For scores of 9-14, approximately one person in every 20 will develop diabetes.
- 15 or more: High risk**  
For scores of 15-19, approximately one person in every seven 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 6-14 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 15 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.