

Scoring less than 7 points:

You are probably at low risk of developing Type 2 diabetes now. But don't forget that your risk will increase with age. Therefore, keep your risk low by losing weight if you are overweight, and eating a healthy diet.

Find out more on www.diabetes.ie or phone 018428118.

Scoring 7 to 15 points:

You are at moderate risk of developing Type 2 diabetes but may be high risk for having pre-diabetes. Only a healthcare professional can diagnose pre-diabetes by doing laboratory blood tests. Arrange with your family doctor to have a health check if you are not already having check ups. In the meantime, protect your current health status by losing weight if you are overweight, and eat a healthy diet.

Find out more on www.diabetes.ie or ask today for an information pack.

Scoring 16 or more points:

You are at risk of having, or developing in the near future, Type 2 diabetes. Only a healthcare professional can screen to see if you may have diabetes by doing a simple finger prick test. The result is available immediately. Laboratory blood tests are required to confirm diagnosis. You are strongly advised to have this done within the next month if you are not already having regular health checks ups.

BMI (Body mass index)

BMI is an estimation of overall level of weight in proportion to height. The result is explained as:

- Underweight $<18.5(\text{kg}/\text{m}^2)$
- Healthy Weight $18.5 - 24.9 (\text{kg}/\text{m}^2)$
- Overweight $25.0 - 29.9 (\text{kg}/\text{m}^2)$
- Obese $> 30 (\text{kg}/\text{m}^2)$

If you are very active, do strenuous work or do weight training, a fat analysis may be more appropriate.

Waist Circumference

The higher your waist measurement the higher the risk of developing Type 2 diabetes and Heart disease. Recommended targets:

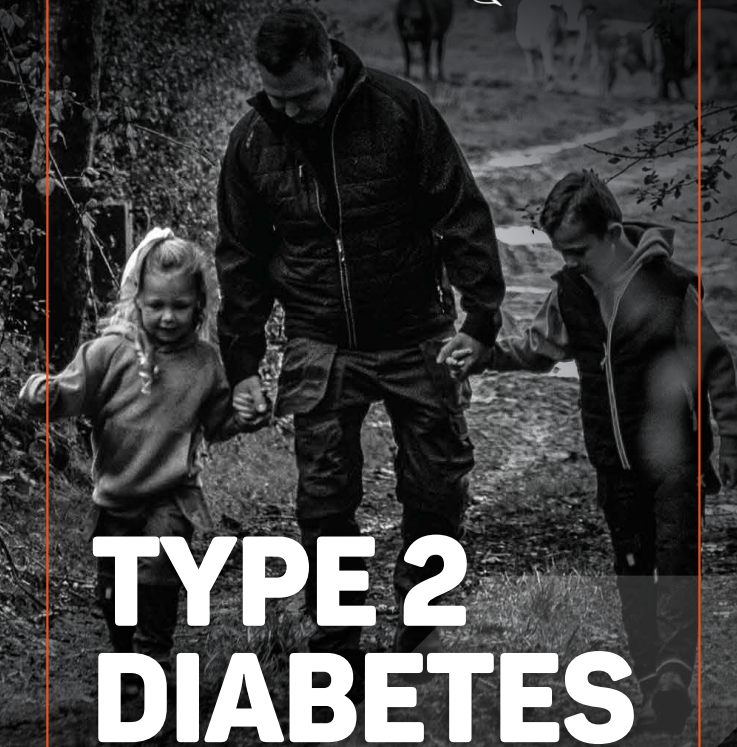
- Less than 80cms (32in) for women
- Less than 95cms (37in) for men (targets differ slightly for some ethnicities)

Notes

Visit Diabetes Ireland website to find out more information on the prevention of type 2 diabetes.



For more information on preventing/managing Type 2 diabetes - See www.diabetes.ie
Email info@diabetes.ie or Contact 01-8428118



Working to raise Diabetes awareness for people working in farming.

Are you at risk?
Do you know the symptoms?

Call Us: (+353) 1 8428118
info@diabetes.ie

Insulin is a hormone produced by the pancreas. Insulin is necessary to regulate blood glucose levels. Diabetes is diagnosed if glucose levels are higher than the normal range.

Type 1 Diabetes

If the pancreas is unable to produce any insulin hormone, a person will develop Type 1 Diabetes, and require treatment with insulin, using injections or insulin pump therapy to maintain glucose levels within range.

Type 2 Diabetes

If the pancreas produces some insulin, but in insufficient amounts, or if the insulin is not working correctly a person will develop Type 2 diabetes. Treatment involves following a healthy meal plan, taking part in regular physical activity, and taking prescribed medication which may be tablets and/or injection therapy.

Pre-diabetes

Occurs when the blood glucose levels are higher than normal but not within the criteria for Type 2 diabetes. Following a healthy meal plan, taking part in regular physical activity and working on Type 2 diabetes prevention strategies may help delay onset of Type 2 diabetes. Yearly blood glucose level review is advised.

Gestational Diabetes

Occurs during pregnancy, but mother has an increased risk of developing Type 2 diabetes in the future.

Type 2 Diabetes Adult Risk Assessment

Risk Factors

You are more at risk of Type 2 diabetes if you:

- Are over 40 years of age
- Have a parent or brother/sister living with Type 2 diabetes
- Had diabetes during an illness/pregnancy
- Are overweight for your height
- Do not take 30 minutes of physical activity daily
- Have high blood pressure
- Have high cholesterol

And/or recognise any of these symptoms:

- Blurred vision
- Fatigue, lack of energy
- Extreme thirst
- Frequent trips to the bathroom (urination) especially at night
- Rapid and unexplained weight gain or loss
- Frequent infections
- Slow-healing sore or cut
- Numbness, pain or tingling in hands or feet (often worse at night)

Check the points next to each statement on the next page. If you answer YES, write that figure into the 'Your Score' column. When you have responded to all statements, total your score.

	Scoring No = zero pt	Your Score
Have either of your parents or any of your brothers or sisters been diagnosed with Type 2 diabetes?	Yes = 1pt	<input type="text"/>
Have you ever been told your blood glucose level was above normal (e.g. in a health examination, during an illness/pregnancy.)	Yes = 3pt	<input type="text"/>
Do you take medication for high blood pressure?	Yes = 3pt	<input type="text"/>
Do you take medication for high cholesterol?	Yes = 3pt	<input type="text"/>
Have you ever had a heart attack, a stroke (TIA) or been told by a doctor that you have problems with circulation to your feet?	Yes = 3pt	<input type="text"/>
Is your body mass index above 27kg/m (i.e. you are overweight)?	Yes = 5pt	<input type="text"/>
Do you do less than 150 minutes exercise per week i.e. 30 minutes 5 times each week or similar. Are you inactive.	Yes = 5pt	<input type="text"/>
Are you over 40 years of age?	Yes = 5pt	<input type="text"/>
Are you over 65 years of age? (In addition to 5pts for over 40)	Yes = 5pt	<input type="text"/>
Your Total Score		<input type="text"/>

The higher your score, the higher your risk of having or developing Type 2 diabetes.
See score information data over page.