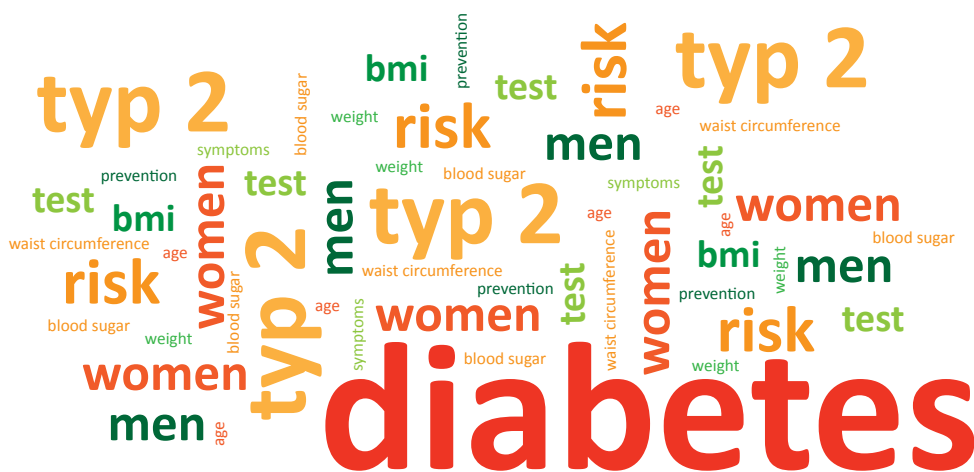


# Type 2 diabetes – am I at risk?

*Take the test!*



Revised version, February 2015



[www.diabetesuisse.ch](http://www.diabetesuisse.ch)  
account for donations: PC-80-9730-7



Swiss Diabetes Association  
Association Suisse du Diabète  
Associazione Svizzera per il Diabete

## Test your risk of type 2 diabetes

### Questions

### Points



1. What is your age?

- ☐ less than 45 (0 points)
- ☐ 45 – 54 (2 points)
- ☐ 55 – 64 (3 points)
- ☐ 65 or over (4 points)

2. What is your body mass index? (see BMI table)

- ☐ Normal weight (18.5 – 24.9) (0 points)
- ☐ Overweight (25 – 29.9) (1 point)
- ☐ Obese (30 or over) (3 points)

(The test is not applicable if you are underweight)

3. What is your waist circumference at the level of your navel? Make sure that the tape measure is horizontal.

Men

Women

- ☐ less than 94 cm    less than 80 cm    (0 points)
- ☐ 94 – 102 cm    80 – 88 cm    (3 points)
- ☐ more than 102 cm    more than 88 cm    (4 points)



4. Do you get at least 30 minutes of physical exercise daily, until you sweat or get out of breath? (This may also be 3 × 10 minutes a day, e.g. on the way to work, housework or gardening, sport, etc.)

- ☐ Yes (0 points)
- ☐ No (2 points)



5. How often do you eat fruit and vegetables?

- ☐ Every day (0 points)
- ☐ Not every day (1 point)



## Questions

## Points



6. Are you currently taking (or have you ever taken) medications for high blood pressure?

☐ Yes (2 points)

☐ No (0 points)




7. In the past, have you had increased blood sugar levels (e.g. at a medical examination or during an illness) or suffered from gestational diabetes?

☐ Yes (5 points)

☐ No (0 points)




8. Do (or did) any of your blood relatives (father, mother, sibling, own child) suffer from diabetes?

☐ Yes (2 points)

☐ No (0 points)




Now add up all your points. The total number of points tells you your risk of developing **type 2 diabetes** in the next five years.

Total points

**up to 11 points**

- Slight to moderate risk of developing type 2 diabetes
- Repeat this test every 3 to 5 years

**12 – 17 points**

- High risk of developing type 2 diabetes
- Have your blood glucose checked within the next 3 months

**18 points and above**

- Very high risk of developing type 2 diabetes
- Discuss your results within the next month with your doctor and have your blood glucose levels checked

## How can you reduce the risk of developing diabetes?

You can't change your age or your genes. But you can change other factors that predispose you to type 2 diabetes, such as overweight, lack of exercise or poor eating habits. Several studies have shown that you can reduce your risk of diabetes by up to 50% with a healthy lifestyle.

You should be careful not to gain weight, especially if any of your family members suffer from diabetes. An increase in your waist circumference increases your risk of developing diabetes. But regular participation in sports activities decreases the risk of diabetes. You should watch your diet carefully: eat vegetables and a high-fibre diet every day. Avoid eating large amounts of animal fat – vegetable oils are better for you. Don't smoke and try not to gain weight.

Test completed on: (date)

By: (name)

Symptoms of type 2 diabetes are rarely noticeable in the early stages. If you have a test result **between 12 and 17 points**, we recommend that you have your blood glucose checked within the next three months.

If you scored **18 points** or more, you should discuss the result with your doctor and have your blood glucose levels checked.

Maintain an active lifestyle with plenty of exercise and a balanced diet. Avoid putting on weight, and try to lose some if you are already overweight.

## Symptoms of acute diabetes



Frequent urination



Weight loss



Fatigue



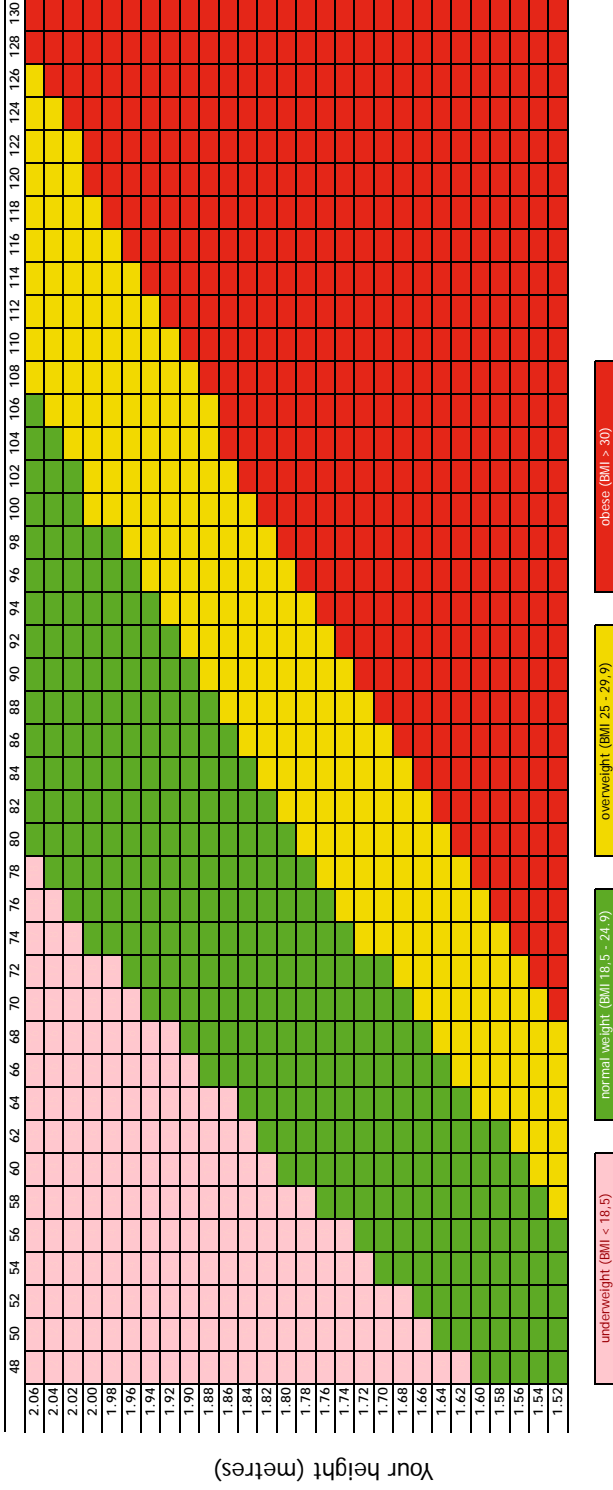
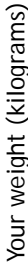
Excessive thirst

## How do I calculate my Body Mass Index (BMI)?

You can use this formula to calculate your BMI:

$$\text{BMI} = \frac{\text{weight in kilograms}}{\text{height in metres} \times \text{height in metres}}$$

For example, if your height is 1.70 metres and your weight is 65 kg, your BMI will be 22.5. However, you can also find your BMI from the table below.



## Where can I find further information?

You can get advice from an expert (e.g. doctor, pharmacist, nutrition consultant, endocrinologist or a diabetes association in your area:

Aargauer Diabetes-Gesellschaft	Kantonsspital / Haus 16	5000 Aarau	062 824 72 01
Diabetesgesellschaft Region Basel	Mittlere Strasse 35	4056 Basel	061 261 03 87
Berner Diabetes Gesellschaft	Swiss Post Box 101565, Helvetiaplatz 11	3005 Bern	031 302 45 46
Diabetes Biel-Bienne	Bahnhofstrasse / Rue de la Gare 7	2502 Biel-Bienne	032 365 00 80
Diabetes-Gesellschaft GL-GR-FL	Steinbockstrasse 2	7001 Chur	081 253 50 40
Diabetes-Gesellschaft Oberwallis	Kantonsstrasse 4	3930 Visp	027 946 24 52
Ostschweizerische Diabetes-Gesellschaft	Neugasse 55	9000 St. Gallen	071 223 67 67
Diabetes-Gesellschaft des Kt. Schaffhausen	Vordergasse 32/34	8200 Schaffhausen	052 625 01 45
Solothurner Diabetes-Gesellschaft	Solothurnerstrasse 7	4601 Olten	062 296 80 82
Zentralschweizerische Diabetes-Gesellschaft	Falkengasse 3	6004 Luzern	041 370 31 32
Diabetes-Gesellschaft des Kantons Zug	Artherstrasse 27	6300 Zug	041 727 50 64
Zürcher Diabetes-Gesellschaft	Hegarstrasse 18	8032 Zürich	044 383 00 60
diabètefribourg - diabetesfreiburg	Route St-Nicolas-de-Flüe 2	1705 Fribourg	026 426 02 80
diabète genève	36, av. du Cardinal-Mermillod	1227 Carouge	022 329 17 77
Association jurassienne des diabétiques	Case postale 6	2854 Bassecourt	032 422 72 07
Association des diabétiques du Jura bernois	Case postale 4	2610 Saint-Imier	032 940 13 25
Association Neuchâteloise des diabétiques	Rue de la Paix 75	2301 La Chaux-de-Fonds	032 913 13 55
Association Valaisanne du Diabète	Rue des Condémines 16	1950 Sion	027 322 99 72
Association Vaudoise du Diabète	Avenue de Provence 12	1007 Lausanne	021 657 19 20
Associazione Ticinese per i Diabetici	Via Motto di Mornera 4	6500 Bellinzona	091 826 26 78

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Informations and Internet Orders:  
[www.migesplus.ch](http://www.migesplus.ch) – the Internet platform for health-care information in various languages  
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