

HealthCheck DIABETES FINDRISK

Anticipate diabetes:

Simply test your type 2 diabetes risk.

Type 2 diabetes is a common illness caused by today's lifestyle, yet concerning more than 10 % of the population. The risk of diabetic disease increases up to 30 % with advanced age. Many don't know that they may already be affected. **Take the chance - complete the test:** By answering just 8 simple questions you can foresee the possible risk of falling ill with diabetes type 2 during the next ten years.

Interesting points about type 2 diabetes

Diabetes is malicious. • In the beginning diabetes doesn't hurt. • Diabetes can damage e.g. eyes, kidneys, heart, vessels or nerves. • Experts assume a considerable number of undiagnosed cases. • Obesity is an important factor for the development of diabetes. • Diabetes may be due to affluence. • Prevention can prevent disease or delay outbreak of disease. • On an average, diagnosis is made only ten years after outbreak of disease. • More physical activity and healthier eating and drinking are important key factors for success - However be careful: For your own safety please contact your doctor in case of known diseases before. • Early diagnosis and treatment can delay the progress of disease in the long term. • Quality of life may be improved by successful prevention of diabetes. • Contact your doctor in time. • It is worthwhile.

The earlier you know about your diabetes risk the sooner you can care for yourself!

An information of the public health service of Baden-Württemberg

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www.aktivfuergesundheits-bw.de

What is your age?

- below 35 years 0 points
- 35 to 44 years 1 point
- 45 to 54 years 2 points
- 55 to 64 years 3 points
- older than 64 4 points

Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- no 0 points
- yes: grandparent, aunt, uncle or first cousin 3 points
- yes: parent, brother, sister or own child 5 points

Waist circumference measured below the ribs (usually at the level of the navel)

- | | women | men | |
|--------------------------|-----------------|------------------|----------|
| <input type="checkbox"/> | less than 80 cm | less than 94 cm | 0 points |
| <input type="checkbox"/> | 80 to 88 cm | 94 to 102 cm | 3 points |
| <input type="checkbox"/> | more than 88 cm | more than 102 cm | 4 points |

Do you usually have daily at least 30 minutes of physical activity?

- yes 0 points
- no 2 points

How often do you eat fruit, vegetables and brown bread (rye- or whole-grain bread)?

- every day 0 points
- not every day 1 point

Source: FINDRISK · © Deutsche Diabetes-Stiftung · www.diabetesstiftung.org

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

- no 0 points
- yes 2 points

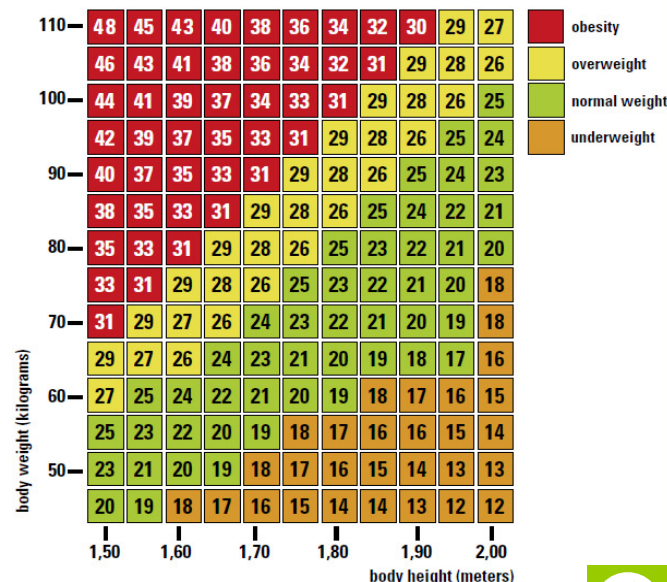
Have you ever been found to have high blood glucose?

- no 0 points
- yes 5 points

What is your body-mass index? (see formula or diagram; kg divided by height in square meter)

- less than 25 0 points
- 25 to 30 1 point
- more than 30 3 points

You can calculate your body mass index as follows:
Body weight (in kilogram) divided by body height (in meters) squared (or by using the table below). BMI = kg/m²



Total score: _____



FINDRISK-Evaluation 2007 · Prof. Dr. Peter Schwarz · AG Prävention Diabetes Typ 2 DDG