



Should you be screened for type 2 diabetes?

Type 2 diabetes is a disease in which your body cannot produce enough insulin or properly use the insulin it makes.

Determine your risk level by using our Risk Calculator (below) and use your results in the flow chart on page 2.

A **Type 2 Diabetes Risk Calculator for Clinicians** is available if you require help from your healthcare provider answering some of the questions.

Please note: These recommendations are for screening adults without symptoms of diabetes.

They **do not** apply to those already diagnosed with type 2 diabetes, those at risk for type 1 diabetes, or those with symptoms of diabetes.

Symptoms of diabetes include: unusual thirst, frequent urination, weight change (gain or loss), extreme fatigue or lack of energy, blurred vision, frequent and recurring infections, cuts and bruises that are slow to heal, and/or tingling or numbness in the hands or feet.

It is important to recognize, however, that many people who have type 2 diabetes may display no symptoms.¹

Please speak to your family physician or primary health care provider if you are experiencing one or more of these symptoms.

Type 2 Diabetes Risk Calculator for Patients²

1. How old are you?

- 18-44 years (0 POINTS)
- 45-54 years (2 POINTS)
- 55-64 years (3 POINTS)
- 65 years and older (4 POINTS)

2. What is your body-mass index (BMI) category? - (See Appendix 1 for a BMI chart.)

- Normal (0 POINTS)
- Overweight (1 POINT)
- Obese (3 POINTS)

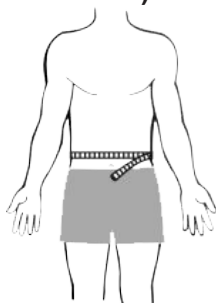
3. What is your waist circumference? Waist circumference is measured below the ribs (usually at the level of the navel).

MEN

- Less than 94 cm (less than ~37 inches) (0 POINTS)
- 94-102 cm (~37-40 inches) (3 POINTS)
- More than 102 cm (~more than 40 inches) (4 POINTS)

WOMEN

- Less than 80 cm (less than ~31 inches) (0 POINTS)
- 80-88 cm (~31-35 inches) (3 POINTS)
- More than 88 cm (~more than 35 inches) (4 POINTS)



4. Are you physically active for more than 30 minutes every day? This includes physical activity during work, leisure, or your regular daily routine.

- Yes (0 POINTS)
- No (2 POINTS)

5. How often do you eat vegetables and fruits?

- Every day (0 POINTS)
- Not every day (1 POINT)

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

- No (0 POINTS)
- Yes (2 POINTS)

7. Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy)?

- No (0 POINTS)
- Yes (5 POINTS)

8. Have any members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)? This question applies to blood relatives only.

- No (0 POINTS)
- Yes: grandparent, aunt, uncle, or first cousin (but not own parent, brother, sister or child) (3 POINTS)
- Yes: parent, brother, sister, or own child (5 POINTS)

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¹Source: Canadian Diabetes Association

²Source: Finnish Diabetes Risk Score (FINDRISC) questionnaire by Adjunct Professor Jaana Lindström, Diabetes Prevention Unit, Department of Chronic Disease Prevention, National Institute for Health and Welfare, Helsinki, Finland and Professor Jaakko Tuomilehto, Center for Vascular Prevention, Danube-University Krems, Krems, Austria

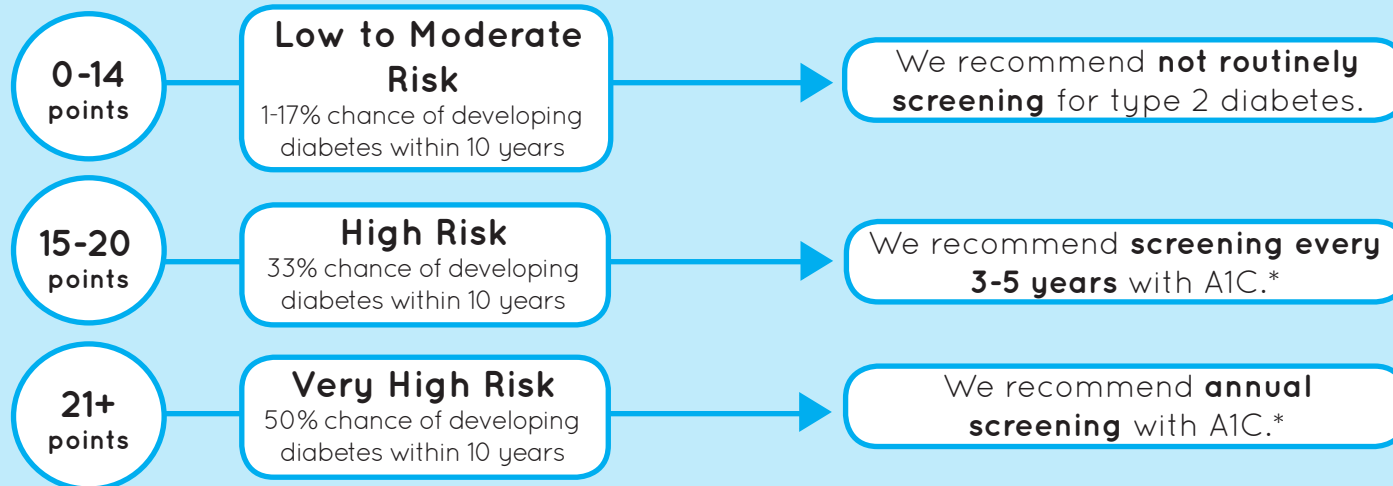


Add up points to determine your **Total Risk Score**
and use your results in the flow chart below.

Your Total Risk Score: ____ points

Total Risk Score

Recommendations



Questions?

Consult our **Frequently Asked Questions for Patients** or email us at info@canadiantaskforce.ca

What is A1C?

*The A1C test is a simple lab test that reflects your average blood glucose level over the last 3 months. A small blood sample to check your A1C can be taken at any time of the day. For more information, please see our **Frequently Asked Questions for Patients**.

For more information, please visit the Canadian Task Force on Preventive Health Care online at www.canadiantaskforce.ca