

Type 2 Diabetes Risk Evaluation for people 40-49 years



ACTIVITIES INVOLVED

The Type 2 Diabetes Risk Evaluation involves the following:

- Completing the Australian Type 2 Diabetes Risk Assessment Tool
- Assessing lifestyle risk factors such as diet, smoking, physical activity and weight management
- Reviewing your medical and family history including medications and immunisation status
- Completing a physical examination including height, weight and body mass index

The Australian Type 2 Diabetes Risk Evaluation Tool consists of a short list of questions which, when completed, provides a guide to your current risk of developing Type 2 diabetes. The Tool can be obtained from your GP or Practice Nurse or by visiting the Australian Government Department of Health and Ageing website: <http://www.health.gov.au/preventionoftype2diabetes>

If you are aged between 40 and 49 years of age, your GP can do a health assessment to find out if you are at risk of developing type 2 diabetes. The Type 2 Diabetes Risk Evaluation is designed to identify people between 40 to 49 years of age, at risk of developing type 2 diabetes.

After the evaluation, your GP can instigate early interventions, such as referral to a lifestyle modification program, to assist with the prevention of the diabetes.

AFTER THE EVALUATION

If you have a 'high' score you are eligible for referral to the subsidised Sutherland Division of General Practice Lifestyle Modification Programs. Your GP will provide you with advice and information about relevant making lifestyle changes to prevent the onset of Type 2 diabetes.

COST

Speak to the practice reception staff about fees for this evaluation

INFORMATION

For more information please talk to your GP or Practice Nurse.

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about this initiative!**