

Other information is required in order to help interpret your risk of developing type 2 diabetes

CERTAIN FACTORS ARE RELATED TO A HIGHER RISK OF DEVELOPING DIABETES.

Please check off which of the following ethnic groups your biological (blood) parents belong to:

- | | |
|--------------------------|-----------------------------------------------------------------------------------|
| 9. Mother | 10. Father |
| <input type="checkbox"/> | <input type="checkbox"/> White (Caucasian) |
| <input type="checkbox"/> | <input type="checkbox"/> Aboriginal (First Nations person, Métis, Inuit) |
| <input type="checkbox"/> | <input type="checkbox"/> Black |
| <input type="checkbox"/> | <input type="checkbox"/> Latin American |
| <input type="checkbox"/> | <input type="checkbox"/> South Asian (East Indian, Pakistani, Sri Lankan, etc.) |
| <input type="checkbox"/> | <input type="checkbox"/> East Asian (Chinese, Vietnamese, Filipino, Korean, etc.) |
| <input type="checkbox"/> | <input type="checkbox"/> Other |

11. What is the highest level of education that you have completed?

- Some high school or less
- High school diploma
- Some college or university
- University degree

12. In general, would you say your health is...

- Excellent
- Very good
- Good
- Fair
- Poor

13. At the present time, do you smoke cigarettes?

- Daily
- Occasionally
- Not at all

14. Over your entire lifetime, about how many years in total did you smoke? ___ years

SOME WOMEN DEVELOP DIABETES IN PREGNANCY.

(If male or female who has never been pregnant, please skip these questions)

15. Have you ever been told that you have diabetes related to pregnancy (gestational diabetes)? Yes No Don't know

16. Have you ever given birth to a large baby weighing 9 pounds (4.1 kg) or more? Yes No Don't know

Please use this space to add any other information: _____

Thank you for completing the Canadian Diabetes Risk Assessment Questionnaire.



Public Health Agency of Canada

Agence de la santé publique du Canada

The Canadian Diabetes Risk Assessment Questionnaire

CANRISK



The questions in this booklet will help you to find out if you are at risk of developing type 2 diabetes. Knowing your risk of having diabetes later in life can help you to make healthy choices now that will reduce your risk or even prevent you from developing diabetes.

You will be asked questions about important risk factors for diabetes. These include your age, family history of diabetes, ethnicity, and other factors.

Please answer as honestly and completely as you can. If you wish, a friend or family member can help you to complete this form.

Answer all questions. Use the scoring guide to calculate your overall risk score.

This questionnaire is intended for adults aged 40 to 74 years.

Aussi disponible en français

ID: _____

Prepared by the PreDiabetes Technical Advisory Group for the Public Health Agency of Canada

(regional logo/identifier)

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CANRISK

Start

AS YOU GET OLDER, YOUR RISK OF DEVELOPING DIABETES GOES UP.

1. What year were you born? 19__

Select your age group (mark with an X)

- 40-44 years 0 points
45-54 years 2 points
55-64 years 3 points
65-74 years 4 points

BODY SHAPE AND SIZE CAN AFFECT YOUR RISK OF DIABETES.

2. How much do you weigh?

I weigh ___ pounds OR I weigh ___ kilograms.

How tall are you without shoes on?

I am ___ feet and ___ inches tall OR I am ___ centimetres tall.

USE THE ATTACHED HEIGHT AND WEIGHT TABLE TO FIND YOUR BODY MASS INDEX (BMI).

Find the point where your height crosses with your weight and mark below which shaded-area you fall into. For example, if you were 5 feet 2 inches tall (or 157.5 cm) and weighed 163 pounds (or 74 kg), you would check the "grey-shaded area (BMI 25-30)" box.

- Unshaded white area (BMI less than 25) 0 pts
Grey-shaded area (BMI 25-30) 1 pt
Black-shaded area (BMI over 30) 3 pts

3. Using the tape measure, place it around your waist at the level of your belly button. Measure after breathing out (do not hold your breath) and write your results on the line below. Then check the box that contains your measurement.

Are you male or female?

- Male Female



MEN - Waist circumference:

___ inches OR ___ cm

- Less than 94 cm or 37 inches 0 pts
Between 94-102 cm or 37-40 inches 3 pts
Over 102 cm or 40 inches 4 pts



WOMEN - Waist circumference:

___ inches OR ___ cm

- Less than 80 cm or 31.5 inches 0 pts
Between 80-88 cm or 31.5-35 inches 3 pts
Over 88 cm or 35 inches 4 pts

YOUR LEVEL OF PHYSICAL ACTIVITY AND WHAT YOU EAT CAN AFFECT YOUR RISK OF DEVELOPING DIABETES.

4. Do you usually do some physical activity such as brisk walking for at least 30 minutes every day? This activity can be done while at work or at home.

- Yes 0 pts
No 2 pts

5. How often do you eat vegetables or fruits?

- Every day 0 pts
Not every day 1 pt

HIGH BLOOD PRESSURE AND HIGH BLOOD SUGAR ARE ASSOCIATED WITH DIABETES.

6. Have you ever been told by a doctor or nurse that you have high blood pressure OR have you ever taken high blood pressure pills?

- Yes 2 pts
No or don't know 0 pts

7. Have you ever been found to have a high blood sugar (abnormal) either from a blood test, during an illness, or during pregnancy?

- Yes 5 pts
No or don't know 0 pts

SOME TYPES OF DIABETES RUN IN FAMILIES.

8. Have any of your blood relatives ever been diagnosed with diabetes?

- Mother, Father, Brothers/Sisters, Children, Other with Yes/No/Don't know options

If you checked "Yes" for mother, father, brother, sister or child 5 pts

If you checked "Yes" for other but "No" or "Don't know" for mother, father, brother, sister or child 3 pts

If you checked "No" or "Don't know" for everyone 0 pts

(Your score cannot be more than 5 points)

Add up your points from question 1 to 8. Use this box to find your estimated risk of developing type 2 diabetes in the next 10 years.

Your total score: _____

Estimated 10 year risk of developing type 2 diabetes*

- Lower than 7 -> low risk: 1 in 100
7 - 11 -> slightly elevated risk: 1 in 25
12 - 14 -> moderate risk: 1 in 6
15 - 20 -> high risk: 1 in 3
over 20 -> very high: 1 in 2 will develop diabetes

* Source: adapted for the Canadian population from the FINDRISC questionnaire (Finland's Public Health Institute & the Finnish Diabetes Prevention Study).