

Personal test

By using the German Diabetes Risk Score (DRS) you can determine your individual risk to develop type 2 diabetes within the next 5 years. The test cannot be used when you already have diabetes.

Age

How old are you (years)?

<input type="checkbox"/> <35	0 points	<input type="checkbox"/> 55-59	13 points
<input type="checkbox"/> 35-39	1 point	<input type="checkbox"/> 60-64	16 points
<input type="checkbox"/> 40-44	4 points	<input type="checkbox"/> 65-69	19 points
<input type="checkbox"/> 45-49	7 points	<input type="checkbox"/> 70-74	22 points
<input type="checkbox"/> 50-54	10 points	<input type="checkbox"/> ≥ 75	25 points

Physical activity

Are you physically active at least 5 hours a week? (e.g., sport, gardening, cycling)

<input type="checkbox"/> No	1 point	<input type="checkbox"/> Yes	0 points
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High blood pressure

Have you ever been told by a doctor that you have high blood pressure?

<input type="checkbox"/> No	0 points	<input type="checkbox"/> Yes	5 points
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Consumption of whole grain bread/rolls and muesli

How many slices of whole grain bread/rolls and portions of muesli (1 portion = 3 tablespoons) do you eat daily?

<input type="checkbox"/> 0	5 points	<input type="checkbox"/> 3	2 points
<input type="checkbox"/> 1	4 points	<input type="checkbox"/> 4	1 point
<input type="checkbox"/> 2	3 points	<input type="checkbox"/> >4	0 points

Consumption of meat

How often do you eat beef, pork or lamb (not processed meat like hot dogs, bacon, sausage, or salami)?

<input type="checkbox"/> Never or rarely	0 points
<input type="checkbox"/> 1-2 times per week	1 point
<input type="checkbox"/> 3-4 times per week	3 points
<input type="checkbox"/> 5-6 times per week	5 points
<input type="checkbox"/> Daily	6 points
<input type="checkbox"/> Several times a day	8 points

Coffee

How many cups of coffee do you drink per day?

<input type="checkbox"/> 0-1	3 points
<input type="checkbox"/> 2-5	2 points
<input type="checkbox"/> >5	0 points

Smoking

What is your smoking status?

<input type="checkbox"/> I never smoked.	0 points
<input type="checkbox"/> I used to smoke on average less than 20 cigarettes a day.	1 point
<input type="checkbox"/> I used to smoke on average 20 or more cigarettes a day.	5 points
<input type="checkbox"/> I smoke on average less than 20 cigarettes a day.	2 points
<input type="checkbox"/> I smoke on average 20 or more cigarettes a day.	8 points

Height

What is your height in centimetres?

<input type="checkbox"/> < 152	11 points	<input type="checkbox"/> 176-183	3 points
<input type="checkbox"/> 152-159	9 points	<input type="checkbox"/> 184-191	1 point
<input type="checkbox"/> 160-167	7 points	<input type="checkbox"/> ≥ 192	0 points
<input type="checkbox"/> 168-175	5 points		

Waistline

What is your waist in centimetres?

<input type="checkbox"/> < 75	0 points	<input type="checkbox"/> 100-104	24 points
<input type="checkbox"/> 75-79	4 points	<input type="checkbox"/> 105-109	28 points
<input type="checkbox"/> 80-84	8 points	<input type="checkbox"/> 110-114	32 points
<input type="checkbox"/> 85-89	12 points	<input type="checkbox"/> 115-119	36 points
<input type="checkbox"/> 90-94	16 points	<input type="checkbox"/> ≥ 120	40 points
<input type="checkbox"/> 95-99	20 points		

Diabetes in the family

Have your parents been diagnosed with type 2 diabetes?

<input type="checkbox"/> No, or I don't know.	0 points
<input type="checkbox"/> Yes, one parent has type 2 diabetes.	6 points
<input type="checkbox"/> Yes, both parents have type 2 diabetes.	11 points

Have at least one of your siblings been diagnosed with type 2 diabetes?

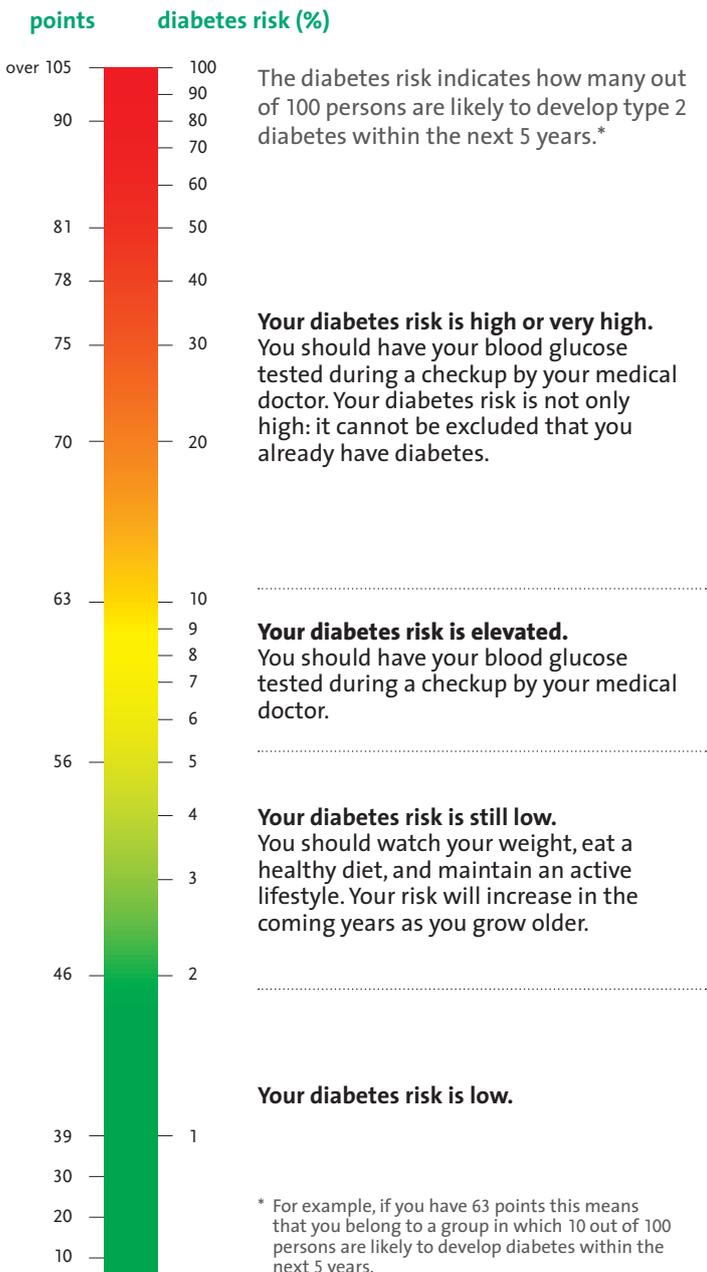
<input type="checkbox"/> No, or I don't know.	0 points
<input type="checkbox"/> Yes, at least one of my siblings has type 2 diabetes.	6 points

Add up the number of points corresponding to your answers. Determine your diabetes risk score on the evaluation sheet.

SUM points

This is your estimated diabetes risk

By using the scale shown below, you can correlate your number of points with your diabetes risk. Please note that individuals with a low risk of diabetes may also develop this disease. On the other hand, high-risk individuals may remain healthy.



Here's how to lower your diabetes risk

You can change some of the factors mentioned in the test by changing your behaviour:

Overweight (waistline)

A large waist circumference is linked to a higher risk of type 2 diabetes. You should try to reduce or at least maintain your waist size. Studies have shown that an even moderate weight reduction can reduce your diabetes risk considerably. In general, the best way to lose weight is to change permanently to a balanced, nutritious diet. Individuals over 65 should consult their doctor before losing weight.

Physical activity

Physical activity at least 5 hours a week will help maintain a lower weight and a smaller waist size. In addition, the effect of the body's own insulin is improved and, thus, regulation of the blood glucose level.

Whole-grain products

Try to give preference to grain products such as bread, bakery products, pasta and cereal products with a high whole-grain content. Many studies have shown that daily consumption of whole-grain foods lowers the risk of type 2 diabetes.

Meat

When eating meat, don't forget that the less beef, pork and lamb you eat, the lower your risk of type 2 diabetes.

Smoking

Smokers should quit smoking because smoking increases your risk of cancer, heart, and circulatory diseases.

Comment on coffee:

Many studies have found a relation between regular coffee consumption and a lowered risk of type 2 diabetes. The reason for this is not known. If you like to drink coffee and tolerate it well, there is at present no reason why you should not drink coffee in moderate amounts.