



TYPE 2 DIABETES RISK QUESTIONNAIRE FOR YOUTH and YOUNG ADULTS



SFBLF - Fighting Diabetes and Preserving a Legacy

This questionnaire is intended to help those age 8 – 18.
Parents please help your younger children to answer the questions.

Are You At Risk?

If your answers to the questions below indicate you might be at risk, please consider having yourself tested for diabetes by a qualified health care professional.

You can have pre-diabetes or undiagnosed Type 2 diabetes without having any obvious warning signs or symptoms. 40% of those living with diabetes do not know they have it.

The longer Type 2 diabetes goes undiagnosed, the greater your risk of developing serious medical complications that will decrease your quality of life and might reduce your life expectancy. Early detection is essential.

Knowing your risk can help you to make healthy choices now that will reduce your risk and possibly prevent, or at least delay, development of Type 2 diabetes.

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|---|------------------------------|-----------------------------|
| 1. Are you female? ^(a) | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 2. Do you usually do some physical activity such as walking, cycling, swimming, skipping rope for at least 30 minutes a day on 5 or more days a week? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 3. Do you eat vegetables or fruit everyday? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

Please enter the number of questions above for which you answered 'No' _____

- | | | |
|--|------------------------------|-----------------------------|
| 4. Are you 11 years old or older? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 5. Do you smoke or use recreational drugs? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 6. Do you take medicines for mental health purposes? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 7. Do you often feel very tired even if you have not been active? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 8. Do you need to urinate more frequently now than in the past? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 9. Do you often feel very hungry even though you are eating regularly? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 10. Do you experience tingling, pain, or numbness in hands or feet? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 11. Do you think you have excess body fat around your waist? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 12. Have you ever been told by a doctor or nurse you have high blood pressure? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 13. Have you ever been found to have high blood sugar either from a blood test or during an illness? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 14. Have any of your blood relatives (Mother, Father, Brothers/Sisters) ever been diagnosed with diabetes? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

Please enter the number of questions above for which you answered 'Yes' _____

Please add the two numbers resulting from your answers

The total score in the box is not a substitute for actual clinical diagnosis. If the total is 7 or higher, please consider talking with a health care professional about getting your blood sugar tested.

(a) Note: In some countries, young males are at higher risk. In other countries, the opposite is true.

Families may benefit from reviewing the following information together especially, as a way to help younger children understand their risk.

Did You Know?

No one knows for sure just how many youth and young adults have Type 2 diabetes but Type 2 diabetes in youth and young adults is increasing worldwide.

Type 2 diabetes is NOT just an adult disease and is appearing in children as young as 8 or even younger. As you get older, the risk of developing diabetes goes up.

Type 2 diabetes is progressive and can be ‘invisible’ for a long time. It is possible that cell damage is already in progress at the time of diagnosis. That can lead to diabetes-related complications. 40% of those who have Type 2 diabetes, or pre-diabetes, do not know they have the condition.

Excess body fat stored around the abdomen (rather than hips and thighs) is a risk factor for developing Type 2 diabetes. Being over-weight or obese significantly increases the risk for Type 2 diabetes.

Many people with undiagnosed Type 2 diabetes have high blood pressure.

A previous test result indicating abnormally high blood sugar may indicate temporary problems or pre-diabetes and may be a warning sign of a high risk of developing diabetes in the future.

There are significant relationships between and among obesity, mental health issues and diabetes.

Diabetes risk is different for various ethnic groups and can affect different groups in different ways. [1]

Working Together to Protect Your Family

Families need to consider early checking for the possibility of the presence of Type 2 diabetes.

70% of Type 2 cases can be prevented, or at least delayed by healthy eating, modest daily exercise and not smoking. The very same actions can help reduce the risk of diabetes-related complications.

Regular physical activity is a key element in controlling weight and reducing the risk of developing Type 2 diabetes. Family walking, cycling or swimming are great ways to have fun and become more active. Aim for an average of 30 minutes per day, or 150 minutes per week of physical activity.

Eating foods that are rich in fibre, reducing the amount of fat and salt in food selections and adding more fruits and vegetables, can help to maintain or lose weight. Many healthy eating guides, for example, recommend 7 to 10 servings of fruits and vegetables each day, depending on age and gender. Counting total calories, as well as the amount of fat, fibre and salt (sodium) intake, is something that families can do together.

Diabetes and high blood pressure are often found together. Risk of high blood pressure can be reduced also by increasing physical activity, reducing salt and fat in your diet, avoiding alcohol and tobacco use, reducing stress, and maintaining a healthy body weight.

This document is adapted from several Diabetes Risk Questionnaires developed for use by adults.

It has no research-based validity as a diabetes risk predictor for the target age range (8 – 18).

It is intended only to raise awareness and encourage further action.

[1] For more information on diabetes see www.bantinglegacy.ca

Did this questionnaire prove helpful for you? Do you have improvements to suggest?

Please tell us at T2RQ@bantinglegacy.ca