

DO YOU KNOW IF YOU ARE AT RISK?



TAKE THIS TEST...

RISK FACTOR TICK TEST

If you tick one or more of these boxes below, you are at risk of developing type 2 diabetes

An immediate family member has type 2 diabetes

You are over 45 years of age and overweight

You have had gestational diabetes

You are over 45 years of age and have high blood pressure

You are 35 years of age and from an Aboriginal or Torres Strait Islander background

You are 35 years of age and from a Pacific Island, Indian subcontinent or Chinese cultural background

You are over 55 years of age

You have heart disease or have had a heart attack

You have impaired fasting glucose or impaired glucose tolerance, sometimes also called prediabetes

You have polycystic ovarian syndrome and are overweight