

From: info@primahealth.com.au
To: info@primahealth.com.au
Cc:
Subject: Diabetes Risk Assessment Report

Healthy Weight For Life

Dear test

Thank you for using our [Australian Type 2 Diabetes Risk Assessment tool \(AUSDRISK\)](#) on the [Healthy Weight for Life](#) website.

For your records, as at 11th May 2009, you stated:

Based on these parameters, your **AUSDRISK** is **23**. ^Δ

To understand what this number means for you, please see your report below.



Δ - indicates your likelihood of developing type 2 Diabetes within 5 years

HIGH RISK: You may have undiagnosed type 2 diabetes or be at high risk of developing the disease.

IMPORTANT: SEE YOUR DOCTOR ABOUT HAVING A FASTING BLOOD GLUCOSE TEST. ACT NOW TO PREVENT DIABETES

Approximately **1 person in every 7** with your level of risk will develop diabetes within 5 years*.

You can have undiagnosed type 2 diabetes and not know it because there may be no obvious symptoms.

What can you do to lower your risk of developing type 2 diabetes?

Your lifestyle choices can prevent, or at least delay, the onset of type 2 diabetes.

You cannot change risk factors like age and genetic background. You can do something about being overweight, your waist measurement, how active you are, eating habits, or smoking.

If there is type 2 diabetes in your family, you should be careful not to put on weight. Reducing your waist measurement reduces your risk of type 2 diabetes.

By increasing your physical activity and improving your eating habits you can lower your risk. Eat plenty of