



Section 1: Referrer details (other than Medical Practitioner) MP's complete section 3 & 4

Name: _____ Worker/Organisation: _____
Address: _____ Post Code: _____
Phone: _____ Fax: _____ Date of Referral: _____

Section 2: Client details

Name: _____ DOB: _____ Gender: Male Female
Address: _____
Post Code: _____ Home Phone: _____ Mobile: _____
Is an interpreter required? No Yes If yes, please specify _____
Other relevant information (e.g. medical history, cultural, gender or disability considerations) _____

I understand a referral to the Do It For Life program is being made on my behalf, and I am aware my details will be faxed/posted to Program staff. A brief explanation of the program was also provided to me.

Name: _____ Signature: _____

Section 3: Medical Practitioner must complete

- Must meet all FIVE eligibility criteria:**
1. Must be working age adult (18+)
 2. Total Risk Score (from overleaf) of 15 or more,
OR score of 13, plus alcohol/stress risk factors Score = _____
(tests to exclude Type 2 Diabetes highly recommended)
 3. Has one or more 'SNAPS' Risk Factors: (tick as appropriate)
 Smoker Poor Nutrition Risky alcohol use Physical inactivity Stress
 4. From one of these groups: (tick as appropriate)
 Aboriginal Torres Strait Islander Migrant of non-English speaking b/background Refugee Low income earner
 Healthcare/concession card holder Lives in rural and remote areas of country South Australia
 5. Does not already have a diagnosed chronic disease? Agreed
[Exclusion from the program includes those with diabetes, heart disease, renal disease, chronic obstructive pulmonary disease, cognitive impairment or any other medical condition that would exclude a person from safely participating in a SNAPS risk factor modification program.]

Section 4: Medical Practitioner must complete

I consider my client is eligible, and can safely participate in the Do It For Life program Yes No

Name: _____

Practitioner Signature: _____

Practice/GP STAMP:

Once complete telephone your nearest Do It For Life team for details on where to send this form:

Adelaide North and West, telephone: 8263 1155
Noarlunga, telephone: 8384 9266

Adelaide South, telephone: 8277 2488
Non-metropolitan areas, telephone: 1300 764 799

(AUSDRISK)

1. Your age group?

Under 35 years	0 points
35-44 years	2 points
45-54 years	4 points
55-64 years	6 points
65 years or over	8 points

2. Your gender?

Female	0 points
Male	3 points

3. Your Ethnicity/Country of birth:

3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

No	0 points
Yes	2 points

3b. Where were you born?

Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe	2 points
Other	0 points

4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?

No	0 points
Yes	3 points

5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?

No	0 points
Yes	6 points

6. Are you currently taking medication for high blood pressure?

No	0 points
Yes	2 points

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?

No	0 points
Yes	2 points

8. How often do you eat vegetables or fruit?

Everyday	0 points
Not everyday	1 point

9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?

Yes	0 points
No	2 points

10. Your waist measurement taken below the ribs (usually at the level of the navel)?

For those of Asian or Aboriginal or Torres Strait Islander descent:

Men	Women	
Less than 90 cm	Less than 80 cm	0 points
90 - 100 cm	80 - 90 cm	4 points
More than 100 cm	More than 90 cm	7 points

For all others:

Men	Women	
Less than 102 cm	Less than 88 cm	0 points
102 - 110 cm	88 - 100 cm	4 points
More than 110 cm	More than 100 cm	7 points

Add up your score

Your risk of developing type 2 diabetes within 5 years*:

Less than 5: Low risk

Approximately 1 person in every 100 will develop diabetes.

6-14: Intermediate risk

For scores of 6-8, approximately one person in every 50 will develop diabetes.

For scores of 9-14, approximately one person in every 20 will develop diabetes.

15 or more: High risk

For scores of 15-19, approximately one person in every seven will develop diabetes.

For scores of 20 and above, approximately one person in every three will develop diabetes.

If you scored 15 or more points, it is important that you discuss your score with your doctor.

***The overall score may overestimate the risk of diabetes in those aged less than 25 years and underestimate the risk of diabetes in people of Aboriginal and Torres Strait Islander descent.**

The Australian Type 2 Diabetes Risk Assessment Tool was originally developed by the International Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the COAG reducing the risk of type 2 diabetes initiative.