Diabetes

Multiple risk factors

While type I diabetes, formerly known as "juvenile diabetes", is due to genetic and auto-immune factors, the same cannot be said for type II or "lifestyle" diabetes which, despite including a genetic predisposition, is most often triggered by what can be termed an "unhealthy" lifestyle.

Type II diabetes usually develops gradually and often affects obese and sedentary individuals.

It is the most common form of diabetes and its prevalence is constantly on the rise. The WHO estimates that by 2010 there will be 250 million diabetics throughout the world, compared with just 110 million in 1994.

Luxembourg is home to 15,000 to 20,000 known diabetics and it is believed that there are just as many who have not been diagnosed yet.

Early screening is thus vital, even more so since – at the time of diagnosis – patients often already exhibit complications, meaning that the diabetes has been developing over several years.

90% of diabetics are overweight or indeed obese. Most of the time they also lead a sedentary lifestyle.
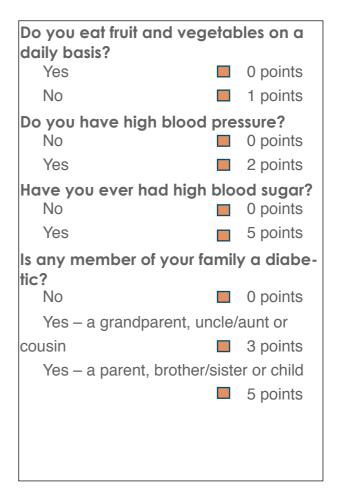
A healthy diet and regular physical activity are thus the best practices in the prevention of type II diabetes, in particular if cases within the immediate family are known.

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Assess your risk

To assess your risk of developing diabetes, answer the following questions:

How old are you?

Under 45	☐	0 points
45 to 54 years	☐	2 points
55 to 64 years	☐	3 points
65 years and above	☐	4 points

What is your BMI (body mass index)?

<25	☐	0 points
25 - 30	☐	1 points
>30	☐	3 points

What is your waist circumference?

Men	Women		
<94 cm	<80 cm	☐	0 points
94-102 cm	80-88 cm	☐	3 points
>102	>89	☐	4 points

Do you practice at least 30 minutes of physical activity each day?

Yes	☐	0 points
No	☐	2 points

Do you eat fruit and vegetables on a daily basis?

Yes	☐	0 points
No	☐	1 points

Do you have high blood pressure?

No	☐	0 points
Yes	☐	2 points

Have you ever had high blood sugar?

No	☐	0 points
Yes	☐	5 points

Is any member of your family a diabetic?

No	☐	0 points
Yes – a grandparent, uncle/aunt or cousin	☐	3 points
Yes – a parent, brother/sister or child	☐	5 points

Add up your points to assess your risk of developing diabetes:

< 7 points	very low risk	1%
7 – 11 points	low risk	4%
12 – 14 points	moderate risk	16%
15 – 20 points	high risk	33%
> 20 points	very high risk	50%