

Risk assessment tools

There are a variety of risk assessment tools:

- NICE suggest the Diabetes Risk Score which assesses risk based on
 - Age
 - Sex
 - Ethnicity
 - Family history of diabetes in a first degree relative
 - BMI & waist circumference
 - PMH of hypertension.
- Other scores are also available including the Cambridge diabetes risk score, the Leicester practice score and QDiabetes risk.

The Diabetes Risk Score is available from the Diabetes UK website, but unfortunately you have to email them and then they send it to you, as a paper based tool rather than an online tool! I have put a link to the request form in the Useful website box at the end of this section. I have asked NICE and Diabetes UK to make it more accessible, and have asked for permission to reproduce the tool in this Handbook, but so far my requests have fallen on deaf ears!

- After risk assessment using the Diabetes Risk Score (available from Diabetes UK, see Useful websites box) people will fall into one of two groups.

