

# TYPE 2 DIABETES: RISK ASSESSMENT

Screening Diabetes Risk Levels in General Dental Practices across Scotland

## Did you know?

### High Risk

1 out of 4 people with high risk will get type 2 diabetes in the next 10 years

### Moderate Risk

1 out of 10 people with moderate risk will get type 2 diabetes in the next 10 years

### Increased Risk

1 out of 35 people with increased risk will get type 2 diabetes in the next 10 years

### Low risk

1 in 100 people with low risk will get type 2 diabetes in the next 10 years

Based on the Diabetes UK risk assessment tool, and considering the information we have obtained from you, your diabetes risk is:

HIGH

MODERATE

## What next?

We would STRONGLY ADVISE you to CONTACT YOUR HEALTHCARE PROFESSIONAL if you're at high or moderate risk of developing diabetes.

## What to expect when you speak to a healthcare professional:

- Talk to the healthcare professional about your risk and plan what action you're going to take
- You may need a blood test to check for diabetes

Visit [www.diabetes.org.uk](http://www.diabetes.org.uk) for more information about the risk assessment tool and your risk score.

# SPEAK TO A HEALTH PROFESSIONAL