

Improving Diabetes and pre-Diabetes Detection in the UK: Insights from HbA1c
Screening in an Acute Hospital's Emergency Department

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Supplementary Table 1: Finnish Diabetes Risk Score (FINDRISC) Questionnaire and Scoring System. This figure presents the Finnish Diabetes Risk Score (FINDRISC) questionnaire, which assesses the risk of developing type 2 diabetes over ten years. The questionnaire includes questions about age, body mass index (BMI), waist circumference, physical activity, dietary habits, family history of diabetes, and hypertension medication usage. Each question has a corresponding score that contributes to the total risk score. The total risk score is categorized into different risk levels, with higher scores indicating a higher risk of developing type 2 diabetes. The categories are as follows: a total score of less than 7 indicates a 1% risk, 7-11 indicates a 4% risk, 12-14 indicates a 17% risk, 15-20 indicates a 33% risk, and a score greater than 20 indicates a 50% risk of developing type 2 diabetes in ten years.

Question	Score
Age (years)	
45-54	2
55-64	3
≥65	4
BMI (kg/m²)	
25-30	1
≥30	3
Waist circumference (cm)	
94-102 (men), 80-88 (women)	3
>102 (men), >88 (women)	4
Physical activity, <30 min per day	No
Consumption of vegetables and fruit	Not every day
Hypertension medication	Yes
History of blood glucose elevations	Yes
Family history of T1 or T2DM	
2nd degree relative	3
1st degree relative	5
Total Risk Score	
<7	1%
07-11	4%
12-14	17%
15-20	33%
>20	50%

