The refined final PRESTARt risk tool for identifying adolescents with a high lifetime risk of developing T2DM.

|  |
| --- |
| A 12-14 year old inclusive will be considered to be at high lifetime risk of developing T2DM if they have a positive response to the question in Section 1 and to at least one question in Section 2.Section 1* Body mass index (BMI) above the 85th percentile

Section 2* High waist circumference
* Watch TV/play computer games for more than 2 hours a day
* Do less than 60 minutes of physical activity a day
* Eat less than 5 portions of fruit or vegetables a day
* Have a family history of diabetes
* Have a high sugar intake
* Never fed on breast milk
* Either parent/guardian obese
 |