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

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| 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 |