

Finnish Diabetes Risk Score (FINDRISC)

Category: Endocrinology, Primary care | Items: 8 | Time: ~2-3 min

Description / When to Use

10-year risk of developing type 2 diabetes

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 8 items in this scale. Estimated completion time: 2-3 min.

Scale Items

1. Age

0 = < 45 years | 2 = 45 – 54 | 3 = 55 – 64 | 4 = >= 65

2. Body mass index (kg/m²)

0 = < 25 | 1 = 25 – 30 | 3 = > 30

3. Waist circumference (men / women)

0 = M < 94 cm / F < 80 cm | 3 = M 94–102 / F 80–88 | 4 = M > 102 / F > 88

4. >= 30 min daily physical activity at work and / or leisure?

0 = Yes | 2 = No

5. Eat vegetables / fruit / berries every day?

0 = Yes | 1 = No

6. Ever taken antihypertensive medication?

0 = No | 2 = Yes

7. Ever measured high blood glucose (e.g., screening, illness, pregnancy)?

0 = No | 5 = Yes

8. Family history of diabetes (type 1 or 2)

0 = No | 3 = Grandparent / aunt / uncle / cousin | 5 = Parent / sibling / own child

Scoring Guide

Sum all 8 items. Total range 0-26.

Cutoff Interpretation

| Score Range | Severity | Recommended Action |
|-------------|------------------------|---|
| 0–6 | Low risk | Approx. 1 in 100 develop diabetes in 10 years. |
| 7–11 | Slightly elevated risk | Approx. 1 in 25. |
| 12–14 | Moderate risk | Approx. 1 in 6 — consider OGTT and lifestyle advice. |
| 15–20 | High risk | Approx. 1 in 3 — fasting glucose / HbA1c and intensive lifestyle support. |
| 21–26 | Very high risk | Approx. 1 in 2 — formal evaluation for diabetes. |

Psychometric Properties

See original validation study for reliability and validity data.

License

Free to use — public domain or open access.

Citation (APA Format)

Lindström J, Tuomilehto J. The diabetes risk score: a practical tool to predict type 2 diabetes risk. *Diabetes Care*. 2003;26(3):725-731.
DOI: 10.2337/diacare.26.3.725