

Health Audit (HAT) Tool

Your name: _____

Date of birth: ____ / ____ / ____

		Diabetes	Heart	Kidneys	Lungs
Instructions – circle each number that applies to your answer. e.g. for the first question if you are <i>male</i> your answers would be:		①	①	①	①
What is your gender?	male	1	1	–	–
	female	–	–	–	–
How old are you?	under 40	–	–	–	–
	40+ years	1	1	1	1
Are you of Aboriginal or Torres Strait Islander background?	yes	1	–	1	–
	no	–	–	–	–
Do you currently have diabetes (type 1 or 2)? If yes, you do not need to complete the green column (for all questions).	yes	–	1	1	–
	no	–	–	–	–
Do you have heart disease or have you ever experienced a heart attack or stroke? If yes, you do not need to complete the red column (for all questions).	yes	–	–	1	–
	no	–	–	–	–
Do you have kidney disease (also known as renal impairment)? If yes, you do not need to complete the blue column (for all questions).	yes	–	1	–	–
	no	–	–	–	–
Do you have COPD, COAD or emphysema? If yes, you do not need to complete the yellow column (for all questions).	yes	–	–	–	–
	no	–	–	–	–
Have your parents, brothers or sisters ever been diagnosed with: →	diabetes? If yes, circle →	1	–	–	–
	heart disease? If yes, circle →	–	1	–	–
	kidney disease? If yes, circle →	–	–	1	–
	no, none of the above.	–	–	–	–
Have you ever been found to have high blood sugar e.g. during illness, routine blood tests or pregnancy?	yes	1	–	–	–
	no	–	–	–	–
Do you take medication for high blood pressure?	yes	1	1	1	–
	no	–	–	–	–
Have you ever been diagnosed with an acute kidney injury?	yes	–	–	1	–
	no	–	–	–	–
Do you smoke cigarettes or other tobacco?	yes	2	1	1	1
	ex-smoker	–	–	–	1
	no	–	–	–	–
Do you cough several times on most days?	yes	–	–	–	1
	no	–	–	–	–
Do you bring up phlegm or mucus on most days?	yes	–	–	–	1
	no	–	–	–	–
Do you get more out-of-breath than others your age?	yes	–	–	–	1
	no	–	–	–	–
Do you exercise often e.g. 30+ minutes on most days?	yes	–	–	–	–
	no	1	1	–	–
Are you carrying extra fat around your waistline? (e.g. “spare tyre”)	yes	2	1	1	–
	no	–	–	–	–
Have you been told by your doctor that your cholesterol is high or above normal range?	yes	–	1	–	–
	no	–	–	–	–
Total score (for each column)					

What do my HAT scores mean?

Diabetes	
0–3	You are at low risk of developing type 2 diabetes within 5 years.
4 or more	Your diabetes risk may be high ; however, this screening tool does not fully calculate your diabetes risk. Your nurse and/or GP can do a more thorough test to determine your diabetes risk. You can also log on to www.diabetesvic.org.au/diabetes-prevention/how-can-i-reduce-my-risk to learn more.
Heart	
0–3	Your cardiovascular disease risk is relatively low .
4 or more	Your cardiovascular disease risk may be high ; however, this screening tool cannot fully calculate your heart disease risk (cholesterol levels are also needed). Log on to www.cvdcheck.org or talk with your doctor or nurse for more information.
Kidneys	
0–1	Your risk of developing kidney disease within 5 years is relatively low .
2 or more	You may be at risk of kidney disease, which rarely displays symptoms. Big factors that affect kidney health are smoking and high blood pressure, so if either of these is an issue for you, please ask your doctor how you can get this better controlled. Regular testing for kidney disease should be done every 1-2 years.
Lungs – chronic obstructive pulmonary disease (COPD)	
0–2	Your risk of developing COPD within 5 years is relatively low . If you have previously smoked or are a current smoker, it is important to take notice of any new or persistent respiratory symptoms, such as shortness of breath, coughing or phlegm. If these occur in the future, please discuss them with your doctor.
3 or more	You may be at risk of COPD. Another common name for this is emphysema. COPD is a lung condition which usually occurs as a result of prolonged exposure to cigarette smoke. It gets progressively worse over time and, left untreated, can result in significant breathing problems which make it hard to enjoy life. People with COPD usually do better if the disease has been diagnosed early and managed well. You can be assessed for COPD by taking a simple, non-invasive lung function test. Your doctor or nurse can provide you with more details.



Welcome to the Health Audit (HAT) Tool, a combined screening questionnaire to assess your risk of developing four major chronic diseases:

- type 2 diabetes
- cardiovascular / heart disease
- chronic kidney disease, and
- chronic obstructive pulmonary (lung) disease

If you are concerned about your family history and your own disease risk, complete this questionnaire to find out more. Your nurse or GP will discuss your results with you and will take further action (such as tests or referrals) as needed.

Apply practice stamp here:

Screening criteria reproduced with permission from *Absolute cardiovascular disease management. Quick reference guide for health professionals*. 2012. ©2012 National Stroke Foundation, *Chronic Kidney Disease (CKD) Management in General Practice (3rd edition)*. Kidney Health Australia, Melbourne, 2015, and the *Could it be COPD?* screening questionnaire from the Global Initiative for chronic obstructive lung disease.