

Name:

NHS Number/Participant ID:

DOB:

Year of Diagnosis:

Date:

Health indicator	Reference range	
Height [m]		
Weight [kg]		
Body Mass Index (BMI) [kg/m ²]	■ 18.5 to 24.9 = "healthy" weight ■ 25 to 29.9 = overweight ■ More than 30 = obese	
Waist Size [cm]	■ Healthy: less than 94 (Men) or 80 (Women) ■ Increased risk: 94-102 (Men) or 80-88 (Women) ■ High risk: above 102 (Men) or 88 (Women)	
Waist to Height Ratio [WHtR]	■ Healthy: less than 0.50 ■ Increased Risk: 0.50 or above	
Fasting Blood Glucose* [mmol/l]	■ Below 5.6 ■ 5.6 to 6.9 ■ 7.0 or above	
HbA1c* [mmol/mol]	■ 20 to 41 ■ 42 to 47 ■ 48 and above	
Blood Pressure [mmHg]	■ Below 140/90	
Total Cholesterol [mmol/l]	No recommendation	
HDL Cholesterol [mmol/l]	■ Men: 1.0 or above ■ Women: 1.2 or above	
LDL Cholesterol [mmol/l]	No recommendation	
Non-HDL Cholesterol [mmol/l]	■ More than 7.5	
Triglycerides [mmol/l]	■ Less than 1.7 ■ Between 1.7 and 2.3 ■ More than 2.3	
Total cholesterol to HDL ratio	■ Less than 4.5	
Triglyceride to HDL ratio	■ Less than 0.87 ■ More than 2.62	
QRISK score [%]	■ Less than 10 ■ Between 10 and 20 ■ More than 20	
C-reactive protein (CRP) [mg/l]	■ Less than 5.0	
ACR [mg/mmol]	■ Less than 3.0	
eGFR [ml/min/1.73m ²]	■ 60 or more ■ 30 to 59 ■ Less than 30	
GGT [IU/l]	■ Men: 11 - 50 ■ Women: 7 - 32	

Key:

- National target for good health.
- Do I need to take action to improve my health?
- What could I do to improve my health?

* Diabetes is diagnosed if fasting blood glucose is 7mmol/l or above, or HbA1c is 48mmol/mol or above.