

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]	<ul style="list-style-type: none"> ■ 18.5 to 24.9 = "healthy" weight ■ 25 to 29.9 = overweight ■ <u>More than 30 = obese</u> 	
Waist Size [cm]	<ul style="list-style-type: none"> ■ Healthy: less than 94 (Men) or 80 (Women) ■ Increased risk: 94-102 (Men) or 80-88 (Women) ■ <u>High risk: above 102 (Men) or 88 (Women)</u> 	
Waist to Height Ratio [WHtR]	<ul style="list-style-type: none"> ■ Healthy: less than 0.50 ■ <u>Increased Risk: 0.50 or above</u> 	
Fasting Blood Glucose* [mmol/l]	<ul style="list-style-type: none"> ■ Below 5.6 ■ 5.6 to 6.9 ■ <u>7.0 or above</u> 	
HbA1c* [mmol/mol]	<ul style="list-style-type: none"> ■ 20 to 41 ■ 42 to 47 ■ <u>48 and above</u> 	
Blood Pressure [mmHg]	<ul style="list-style-type: none"> ■ Below 140/90 	
Total Cholesterol [mmol/l]	No recommendation**	
HDL Cholesterol [mmol/l]	<ul style="list-style-type: none"> ■ <u>Men: below 1.0</u> ■ <u>Women: below 1.2</u> 	
LDL Cholesterol [mmol/l]	No recommendation**	
Non-HDL Cholesterol [mmol/l]	<ul style="list-style-type: none"> ■ <u>More than 7.5</u> 	
Triglycerides [mmol/l]	<ul style="list-style-type: none"> ■ Less than 1.7 ■ Between 1.7 and 2.3 ■ <u>More than 2.3</u> 	
Total cholesterol to HDL ratio	<ul style="list-style-type: none"> ■ Less than 4.5 	
Triglyceride to HDL ratio	<ul style="list-style-type: none"> ■ Less than 0.87 ■ <u>More than 2.62</u> 	
QRISK score [%]	<ul style="list-style-type: none"> ■ Less than 10 ■ Between 10 and 20 ■ <u>More than 20</u> 	
C-reactive protein (CRP) [mg/l]	<ul style="list-style-type: none"> ■ Less than 5.0 	
ACR [mg/mmol]	<ul style="list-style-type: none"> ■ Less than 3.0 	
eGFR [ml/min/1.73m ²]	<ul style="list-style-type: none"> ■ 60 or more ■ 30 to 59 ■ <u>Less than 30</u> 	
GGT [IU/l]	<ul style="list-style-type: none"> ■ Men: 11 to 50 ■ Women: 7 to 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/l or above.

** Other markers give a better indication of cardiovascular health.