

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: below 1.0 Women: below 1.2	
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 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.