

My diabetes health results

Your diabetes team will work with you to decide what results are best for you. You may aim for higher or lower targets depending on your age, how long you have had diabetes for and your medical history.

What is your name?			Date of Birth										
What height are you? You can give measurements in metres or feet and inches.													
	Date	Date	Date	Your Targets									
Weight (kg or stones and pounds)													
Body Mass Index (BMI) Tells how healthy your weight is for your height (kg/m ²)				BMI that shows you are a healthy weight: 18.5 to 24.9 overweight: 25 to 29.9 obese: greater than or equal to 30									
Waist Circumference (WC) Tells where your body fat is stored (inches or cm)				<table style="width: 100%; border: none;"> <tr> <td></td> <td style="text-align: center;"><u>Healthy WC</u></td> <td style="text-align: center;"><u>Increased health risk</u></td> </tr> <tr> <td>Men</td> <td style="text-align: center;">less than 37in (94cm)</td> <td style="text-align: center;">greater or equal to 37in</td> </tr> <tr> <td>Women</td> <td style="text-align: center;">less than 31in (80cm)</td> <td style="text-align: center;">greater or equal to 31in</td> </tr> </table>		<u>Healthy WC</u>	<u>Increased health risk</u>	Men	less than 37in (94cm)	greater or equal to 37in	Women	less than 31in (80cm)	greater or equal to 31in
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Women	less than 31in (80cm)	greater or equal to 31in											
Blood Pressure (mmHg)				Aim less than or equal to 140/80									
HbA1c Tells your average blood glucose over the last few weeks (mmol/mol)				Most people with Type 2 diabetes should aim for a HbA1c less than or equal to 53. If greater than 58, discuss with your GP.									
Total Cholesterol Tells how much total fat is in blood (mmol/l)				Aim for less than or equal to 4.5									
LDL (bad) Cholesterol (mmol/l)				Aim for less than or equal to 2.5. If you have a history of heart attack or stroke, aim for less than or equal to 1.8.									
HDL (good) Cholesterol (mmol/l)				Men should aim for greater than or equal to 1.0. Women should aim for greater than or equal to 1.3									
Triglycerides Another type of fat in blood (mmol/l)				Aim less than or equal to 1.7									
eGFR Tells how well kidneys are working (mls/min)				Aim greater than 60									
ACR Tells how much protein is in urine (mg/mmol)				Men should aim for less than 2.5. Women should aim for less than 3.5.									
Are you taking medication to help look after your diabetes? YES <input type="checkbox"/> NO <input type="checkbox"/> Please write down the name of the medication you take for your diabetes or attach a list of your current prescription (this is available from your GP or Pharmacy).			List the diabetes medication you are taking. 1. 2. 3. 4.										
Have you had your annual diabetes eye test ?			YES <input type="checkbox"/> NO <input type="checkbox"/> Date:										
Have you had your foot examination ?			YES <input type="checkbox"/> NO <input type="checkbox"/> Date:										