

# **Diabetes HRA**

Date: 08-14-2024

# Your Result

# Evaluation for Diabetes Recommended

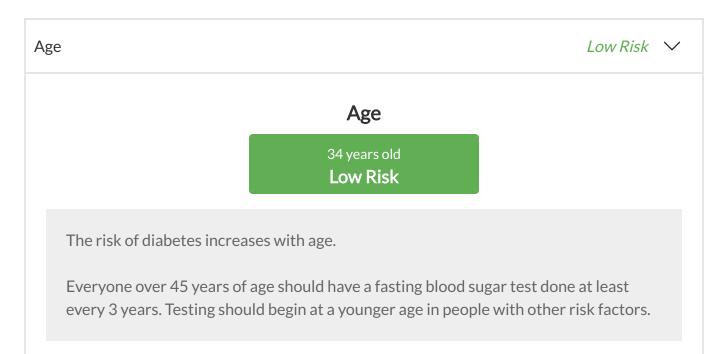
# You're at risk for undiagnosed diabetes.

Only a health care professional can diagnose diabetes. A medical evaluation is needed.

- Based on your answers, you should have simple blood test to look for diabetes.
- Based on general guidelines, your body fat is a high risk factor. Weight management help is available if you're ready.

# **View Your Risk Factors**

Open any Risk Factor below to learn more about your risk and what you can change.



Blood Pressure Low Risk ✓

## **Blood Pressure**

#### Current

Recommended Goal

No hypertension **Low Risk** 

No hypertension **Low Risk** 

High blood pressure (hypertension) is a risk factor for diabetes. People with high blood pressure should:

- Maintain a healthy body weight.
- Limit daily sodium (salt) to 2,300 mg.
- Reduce alcohol use.
- Be physically active every day.
- Talk with a doctor about starting or changing blood pressure medications.

Blood Sugar High Risk ✓

## **Blood Sugar Risk**

Current

Recommended Goal

Taking medication to control **High Risk** 

Within recommended range Low Risk

Fasting blood sugar is a blood test that is taken after you have not eaten for 12 to 14 hours. A1C is a test that shows the average blood sugar over the past 2 to 3 months.

Keeping blood sugar within the healthy range set by a doctor is vital for overall health. A doctor can help find ways to manage blood sugar levels.

> Cholesterol Low Risk ∨

## Cholesterol

#### Current

Recommended Goal

Within recommended range Low Risk

Within recommended range Low Risk

Abnormal cholesterol is a risk factor for diabetes. People with abnormal cholesterol levels should:

- Limit the fat in food to about 25% of total calories. Reduce serving sizes of meat, desserts and food high in fat.
- Make sure to get regular physical activity. The goal should be 30 minutes per day, 5 days a week.
- Talk with a doctor about medicine to control cholesterol.

## **Diabetes During Pregnancy**

Not Applicable ∨



## **Diabetes During Pregnancy**

**Not Applicable** 

Diabetes that develops during pregnancy is called gestational diabetes.

About half of all women with a history of gestational diabetes go on to develop type 2 diabetes.

Exercise High Risk ✓

## **Weekly Exercise**

#### Current

Recommended Goal

No physical activity **High Risk** 

150 min. or more (moderate)\*\* **Low Risk** 

Daily exercise and other physical activity can lower the risk of diabetes.

Regular exercise may also improve these other risk factors:

- Weight and waist size
- Blood pressure
- Cholesterol
- Blood sugar

\*60 moderate + 60 vigorous = 180 min. moderate (each minute of vigorous exercise equals two minutes of moderate)

\*\*The goal is 150 minutes of moderate exercise or an equivalent mix of moderate and vigorous minutes.

Family History High Risk ∨

# **Family History**

Family history of diabetes **High Risk** 

Having a parent, brother, or sister with diabetes increases the risk of developing the condition.

However, people can still develop diabetes even if no one in their family has it.

Sex High Risk V

### Sex

Male sex **High Risk** 

Type 2 diabetes is diagnosed at a younger age and lower weight in men than in women.

This increase in risk for men may be due to:

- Biology
- Lifestyle
- Other important sex and gender differences

Tobacco Use High Risk ∨

## **Tobacco Use**

#### Current

Current User of Tobacco **High Risk** 

## Recommended Goal

Tobacco-free at least 1 year **Low Risk** 

Tobacco use makes the risk of developing diabetes higher. The more tobacco smoked, the higher the risk.

For people who use tobacco, quitting today is one of the best things they can do for their overall health. A doctor can recommend programs or medication to quit using tobacco.

Waist Measurement

Moderate Risk ∨



## Waist Measurement

Current

Recommended Goal

37 to 39 inches **Moderate Risk** 

Smaller than 37 inches Low Risk

Having a large waist is a big risk factor for diabetes. It is a sign of too much body fat.

Maintaining a healthy body weight and diet can lower the risk for developing diabetes or its complications.

#### Goals for Asian-Americans

Asian-Americans have an increased diabetes risk at lower body weight than the rest of the general public. They also have a smaller recommended goal for waist measurement.

Your personalized goals, based on how you answered today, are shown above.

Weight

Current

Recommended Goal

250 lbs.

High Risk

183 lbs. or less

Low Risk

Being overweight is a big risk factor for diabetes.

Maintaining a healthy body weight and diet can lower the risk for developing diabetes or its complications.

#### Goals for Asian-Americans

Asian-Americans have an increased diabetes risk at lower body weight than the rest of the general public. They also have a smaller recommended goal for waist measurement.

Your personalized goals, based on how you answered today, are shown above.

# **Take Your Next Steps**

Your assessment indicates you're at risk for developing diabetes. Take charge of your health. Schedule a diabetes screening today.

Schedule Diabetes Screening

Learn about our weight management programs designed to help you achieve a healthier weight and lower your diabetes risk.

Learn More About Weight Loss

Take the first step towards a healthier you today. Join our Smoking Cessation Program and receive expert guidance and support.

## **Enroll Today**

Our Diabetes Care team provides comprehensive support and treatment for individuals managing diabetes. From initial diagnosis to ongoing management, our experienced endocrinologists and healthcare professionals are here to help you live a healthy and balanced life.

For appointments and inquiries, please call us at (123) 456-7898. You can reach our Diabetes Care team at diabetes@demohospital.com.

Visit our website for more information and to schedule an appointment online: <u>Schedule Appointment</u>.

Unlock Demo Hospital, 209 10th Ave South Ste 530, Nashville, TN 37203.

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

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