

YOUR DIABETES ASSESSMENT

Increased Risk

RISK FACTORS

1 Lifestyle

0 Health History

0 Unknown

Your risk factors increase your risk of developing type 2 diabetes.

Talk to a doctor about managing your diabetes risk.

- Take a look at the risk factor table in this report. Work with a doctor to lower your risk.
- Regular moderate exercise and not smoking can lower the chance of developing diabetes and its complications.

Knowing Your Diabetes Risk Factors

You can't always control your risk factors. Things like your age, sex, and family history of diabetes can impact your diabetes risk.

Other risk factors can be improved by making changes to daily habits and/or medication. Ten important risk factors are listed in the table.

Managing Diabetes

People with diabetes should "know their numbers" and keep them under control. This includes A1C, blood pressure, cholesterol, weight, and waist measurement.

Take Control of Your Health

Ask a health care provider how to manage your risk for developing diabetes or its complications.

Lifestyle Risk Factors	You Reported
Smoking within past year	No
Too much body fat	No
Low weekly physical activity	Yes
Health History Risk Factors	Your Risk Level
High blood pressure	Low Risk
Abnormal cholesterol	Low Risk
High blood sugar or A1C	Low Risk
Parent or sibling with diabetes	Low Risk
Age over 39	No Increased Risk
Male sex	Not Applicable
Diabetes during pregnancy	No Increased Risk

In the United States, more than 100 million people have diabetes or prediabetes.

Of those with prediabetes, up to 90% don't know they have it.

Results

YOUR DIABETES RISK

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What is Diabetes?

Diabetes is a long-term health condition that affects how the body turns food into energy. There are 3 main types of diabetes: type 1, type 2, and gestational diabetes. High blood sugar from diabetes can damage blood vessels and the nerves that control the heart and blood vessels. That's why diabetes can cause serious health problems. There isn't a cure for diabetes yet. But staying at a healthy weight, eating healthy food, and being active can help a lot.

What is gestational diabetes?

Gestational diabetes is diabetes that happens during pregnancy. It usually goes away after the baby is born. It increases the future risk for type 2 diabetes for both mom and baby. And babies born to moms with gestational diabetes are more likely to become obese as children or teens.

What is prediabetes?

With prediabetes, blood sugar levels are high but not as high as with type 2 diabetes. Having prediabetes increases the risk for type 2 diabetes, heart disease, and stroke. The good news is that healthy daily habits may return blood sugar to the recommended level.

What are risk factors?

A risk factor is any personal characteristic that increases the chance of developing diabetes. This includes older age, high blood pressure, larger waist, overweight or obesity, and other factors. It's important for people to work with a health

About This Assessment

This health assessment aims to identify people who may have undiagnosed diabetes or prediabetes. For people with diabetes, unknown or uncontrolled blood sugar is noted as an important risk factor for developing complications of diabetes. The assessment also identifies independent risk factors for developing diabetes, prediabetes, or complications of diabetes.

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- American Diabetes Association. Classification and Diagnosis of Diabetes: Standards of Medical Care in Diabetes - 2019. *Diabetes Care.* 2019;42(Supplement 1): S13-S28. <https://doi.org/10.2337/dc19-S002>.
- Hsu WC, Araneta MRG, Kanaya AM, Chiang JL, Fujimoto W. BMI Cut Points to Identify At-Risk Asian Americans for Type 2 Diabetes Screening. *Diabetes Care.* 2015;38:150-158. doi: <https://doi.org/10.2337/dc14-2391>.

Lifestyle Risk Factors

Smoking makes the risk of developing diabetes higher. The more cigarettes smoked, the higher the risk.

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

SMOKING

Current

Never smoked
Low Risk

Recommended Goal

Never smoked/Quit 1+ years
Low Risk

Two big risk factors for diabetes are being overweight or having a large waist. Both are signs 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 at right.

WEIGHT

Current

180 lbs.
Low Risk

Recommended Goal

Fewer than 190 lbs.
Low Risk

For your height, 180 pounds is considered to be a healthy weight.

WAIST MEASUREMENT

Current

Smaller than 31.5
Low Risk

Recommended Goal

Smaller than 31.5
Low Risk

These recommended goals are for Asian-Americans.

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

WEEKLY PHYSICAL ACTIVITY

Current

Equal to 0 min. (moderate)*
High Risk

Recommended Goal

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

*0 moderate + 0 vigorous = 0 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.

Risk Factors You CAN Change

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

Keeping your blood sugar within the healthy ranges set by a doctor is vital for overall health. If this is a problem for you, talk to a doctor about ways to manage your blood sugar levels.

BLOOD SUGAR

Current

Within recommended range

Low Risk

Recommended Goal

Under 100 mg/dL

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 PRESSURE

Current

No hypertension

Low Risk

Recommended Goal

No hypertension

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.

CHOLESTEROL

Current

Within recommended ranges

Low Risk

Recommended Goal

Within recommended ranges

Low Risk

"NORMAL" CHOLESTEROL RANGES

Total cholesterol = Less than 200 mg/dL

HDL "good" cholesterol (men) = 40 mg/dL or higher

HDL "good" cholesterol (women) = 50 mg/dL or higher

LDL "bad" cholesterol = Less than 100 mg/dL

Triglycerides = less than 150 mg/dL

Name: _____

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Risk Factors You CAN'T Change

The risk of diabetes increases with age.

Everyone over 45 years of age should have a fasting blood sugar test done at least every 3 years. Testing should begin at a younger age in people with other risk factors.

AGE

35 years old

No Increased 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.

FAMILY HISTORY OF DIABETES

No family history of diabetes

Low Risk

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.

DIABETES DURING PREGNANCY

No history of gestational diabetes

No Increased Risk

Type 2 diabetes is diagnosed at 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

SEX

Female

No Increased Risk

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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