

The Pre Diabetes Challenge

Very Few Health Practitioners....

have the expertise or knowledge to check for Pre Diabetes in their patients.

**Take the Pre Diabetes Challenge below
to Learn Your Risks for Diabetes.**

Are You Pre Diabetic?

Please check one.

- | | | |
|------------------------------|-----------------------------|--|
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 1. Do you have body fat around your abdomen? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 2. Are you overweight? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 3. Have you ever had or currently experiencing high blood pressure? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 4. Have you ever had or currently experiencing high cholesterol? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 5. Have you ever had or are currently experiencing high triglycerides? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 6. Consistent exercise 30 minutes at least 4 times every week? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 7. Do you have a family history of diabetes? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 8. Do you consume sweet candy, pastry's, white bread products? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 9. Do you consume fast foods at least once per week? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 10. Do you have high fasting blood sugar? Fasting Sugar: _____ |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 11. Do you have trouble losing weight? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 12. Are you over the age of 45? |

Your Weight: _____ Your Height: _____ BMI: _____
Inches of Hips: _____ Inches of Waist: _____ Ratio: _____

Waist-Hip Ratio and Health Risk

Waist to hip ratio looks at the proportion of fat stored on your body around your waist and hips. It is a simple yet accurate measure of fat distribution. Most people store their body fat in two distinct ways: around their middle (apple shape) or around their hips (pear shape).

An Apple or a Pear

Having an apple shape body is more dangerous than having a pear shape body. This is because your body shape is linked to your health risk.

If you have more weight around your waist you have an increased risk of lifestyle induced disease such as diabetes. Women should have a hip to waist ratio of .08 or less and men should have a hip to waist ratio of .095 or less.

Waist to hip ratio is calculate by dividing your waist measurement by your hip measurement.

YES

NO

LOW

MODERATE

HIGH