

THE CHALLENGE

Very Few Healthcare Practitioners ...

...have the experience or knowledge to reverse PRE-DIABETES.

Before you become Diabetic you are PRE-DIABETIC.

Are You A Pre-Diabetic Questionnaire

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. Do you have high blood pressure? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 4. Do you have high cholesterol? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 5. Do you have high triglycerides? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 6. Do you NOT exercise at least 30 minutes four days a week? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 7. Do you have Diabetes in your family? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 8. Do you eat sugary foods more than once a week? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 9. Do you eat fast foods at least once a week? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 10. Is your fasting blood sugar above 100 mg/dl? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 11. Are you having trouble losing weight? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 12. Do you have Abnormal BMI? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 13. Do you have an unhealthy hip to waist ratio? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 14. Are you over the age of 45? |

Waist-Hip Ratio and Health Risk

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

An Apple or a Pear

Having an apple shape (carrying extra weight around the stomach) is riskier for your health than having a pear shape (carrying extra weight around your hips or thighs). This is because body shape and health risk are linked. If you have more weight around your waist you have a greater risk of lifestyle related diseases such as diabetes than those with weight around their hip. Women should have a waist to hip ratio of 0.8 or less men should have a waist to hip ratio of 0.95 or less.

Waist/hip ratio is calculated by dividing your waist measurement by your hip measurement.

YES

NO

LOW

MODERATE

HIGH