Diabetic Baseline Assessment

Instructions:

I recommend you start by printing out page 3 of this guide (color is nice!). Fill out the My Results column in the spreadsheet on that page with as much of the data as you have. See the ***Resources by Row Number*** section on page 4 for how to get the data you are missing and how to take the measurements properly. Below is your GPS for planning your journey to optimal health.

G for Get a Baseline -

Gathering and filling in the information gives you specific, objective data to evaluate your priority issues. Getting all the data will improve the accuracy of your assessment and give you important information going forward to track improvements in your health status. It is also necessary for using the scoring system explained on page 5.

Compare your results (in the yellow column) to those in the following columns to figure out your points on each row. Your result for each row will be worth 1,2,3, or 4 points. Put the score for each test result in the My Score column (the pink column).

(Hint: the lower the score, the better!)

When complete, add up all your individual row scores to get a Total Score, and fill that in the appropriate square.

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Get Your Baseline Score!

	Health Data to collect	Technical Name	MY RESULTS	Optimal Range = 1 pt.	2 pt	3 pt	4 pt	MY SCORE
1	Your Age in Years			12-39	40-59	60-74	75 or over	
2	Height			See row 3				No Score
3	Weight			See row 3				No Score
4	Weight for Height	BMI		18.5-24.9	Less than 18.5 OR 25-29.9	30-34.9	35 or over	
5	Waist Circumference - Women			<31.5	31.5-34.5	34.6-38.5	38.6-42+	
6	Waist to Hip Ratio - Women			<.75	.75-.8	0.9	1 or greater	
7	Waist Circumference - Men			<34	34-38.5	38.6-40.5	40.6-62+	
8	Waist to Hlp Ratio - Men			0.60	.85-.9	1	>1	
9	Blood Pressure	BP		< 120/80	120/80 - 139/89	140/90-160/95	>160/95	
	Green and Blue section below is for lab work results							
10	Fasting blood sugar	FBS		70-84 mg/dL	85-99 mg/dL	100-125 mg/dL	>125 mg/dL	
11	Longer term blood sugar	HgbA1c		5.0%or less	5.1-5.6%	5.7-6.5%	>6.5%	
12	Insulin levels when fasting	Fasting Insulin		<7µIU/mL	7.1-9.9 µIU/mL	10-11 µIU/mL	>11 µIU/mL	
13	Vitamin D levels	Vit. D 25-hydroxy		50-100 ng/dL	25-49 ng/dL	5-24 ng/dL	<5	
14	Blood fat profile	Lipid Profile						
15	High Density Lipoprotein	HDL		>60	Men - >40 Women - >50	Men - >35-40 Women - >45-50	Men - <35 Women - <45	
16	Low Density Lipoprotein	LDL		<70 mg/dL	70-129 mg/dL	130-139 mg/dL	140 mg/dL or greater	
17	Triglycerides	TG		<100	<150	<175	176 or greater	
18	Total Cholesterol	Chol		100 + your age	Optimal + 20	>200	>220	
19	Ratio between LDL and HDL	LDL/HDL ratio		<2:1	2 to 1	2-2.5 to 1	2.6 or more, to 1	
							TOTAL Score	

Resources by Row Number:

1. Birth certificate, if in doubt!!

2. Doctor's office or get a friend to measure you carefully against a wall.

3. Doctor's office or your bathroom scale (if it is accurate).

4. Calculate your BMI from your height and weight. This site will do it for you free:
https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

5-8. All you need for these measurements is a tape measure and a calculator. Rows 5 and 6 are for women only, and rows 7 and 8 are for men only. See below for where and how to take these measurements.

5 or 7 - Measure the smallest part of your waist, about half way between the bottom of your rib cage and the top of your hipbone. Don't pull the tape tight and don't hold your breath while measuring.

6 or 8 - Use tape measure to measure the widest portion of your hips (without clothes on). For women, this is usually about the groin level. For men, it's usually 2-4 inches below your belly button. To calculate waist to hip ratio use this formula:

WAIST CIRCUMFERENCE/HIP CIRCUMFERENCE = WAIST TO HIP RATIO

For example, if waist is 34 inches and hips are 37 inches, your ratio is .92 (34/37=.92).

9. Call your doctor's office for the last reading, or you can get it done for free at a lot of pharmacies (home devices may or may not be really accurate). You want to take it when you are at rest or have been sitting for a few minutes.

10-19. All of these tests are some kind of lab work done on blood samples. If you had a physical in the last year, your doctor may have run many of these tests. **Check with your health care provider to see which ones have already been done (in the last year) before ordering. You may only need to order a few more tests.** They need to be done while fasting at least 12 hours (you can drink water freely). *You don't need to have a doctor order these tests*, you can do it yourself online. See next page for that information.

LAB WORK - ORDER AND PAY ONLINE, THEN GET YOUR BLOOD DRAWN AT A LOCAL LAB

https://www.directlabs.com - I've used them repeatedly, no charge for blood draw at a Quest Lab near you. (Services not available in MD, NJ, NY and RI.) Usually quite a bit cheaper than paying cash at a local lab.

https://www.ultalabtests.com/ultdirect/Shop
You can google several others, but I haven't used them, so can't comment on them.

Notes on lab work:
10 - This may also be checked with a glucometer at home (Glucometers are available at Walmart for about $25 including test strips and lancets, if you are brave enough to do it yourself! That investment will enable you to do about 50 tests, which is really worth it if blood sugar is one of your issues).

15-19. All are included in a lipid profile.

Scoring

On each individual row, your best score is the lowest. If you have a 2, you are not far from being in the optimal range and few lifestyle tweaks can get probably get you there. If you have a score of 3 or 4, this is significant risk.

TOTAL SCORES -

If you have all the data for rows 1-19:

Best Score (lowest risk) = 14 points
(pink rows are only for women, and blue rows are only for men)

Worst Score (highest risk)= 56 points

P for Prioritize -

If your score was 14 - keep on keeping on!

If your score on any row was 2, you could probably get it back to a 1 with some minor lifestyle tweaks.

If your score on any row was 3 or 4, those items need to be your priority items to address as soon as possible to decrease your risk of diabetic complications.

So if your overall score is between 15 and 24 - address items that had the highest scores first to improve your health and decrease your risk of complications.

If your overall score is 25-56 - the quicker and more effectively you address your highest scores, the better. You are at high risk of developing diabetic complications.

S for Setup a Support System -

Make sure that you take action on the items you have identified as high on your priority list. There are several ways to do that:

1. Do your own Google research. Much information is available online for free, but the quality is all over the place. Usually websites that end in .edu or are associated with research centers have better quality info. But if you are looking for natural lifestyle ways to deal with your challenges, be careful as there is an awful lot of bad information on the internet.
2. Find some good books on the subject.
3. If you can find a health care provider that is literate in lifestyle medicine (or functional medicine or integrative medicine) they are more open to lifestyle approaches to disease reversal and may be willing to guide you through that process.
4. If you want to get a handle on this as quickly and effectively as possibly,

set up a phone appointment with me and I'll be happy to point you to some great resources. Having some coaching, accountability, and additional support can make a huge difference in actually experiencing the outcomes you would like to see. You can set up a phone appointment with me to discuss your options by using this link:
https://theharvestcook.as.me/4Lucia

Final Note:
The most important thing you can do right now is to pick one of the above options and TAKE THE NEXT STEP!