

## Best practice 2

### Title of the Practice:

To create awareness about the health issues among the staff and students

### The Context that required the initiation of the practice:

Non-communicable diseases (NCDs), also known as chronic diseases, do not spread from person to person. These illnesses take a long time to develop and do not present symptoms in the early stages. Hypertension and hyperglycemia are silent killers. Unhealthy lifestyles, poor diets like intake of foods rich in fat, salt and sugar; physical inactivity, consumption of tobacco, excessive use of alcohol, and stress are the main factors for the development of these diseases.

Early screening for hypertension, hyperglycemia and obesity may be lifesaving. The department of biochemistry is carrying out the practice of finding BMI, BP and blood glucose levels in staff and students.

### Objectives of the practice:

1. To calculate BMI, blood glucose and BP.
2. To find the staff and students with obesity, hyperglycemia and hypertension.
3. Counsel them to modify lifestyle, eating habits and to avoid stress.

### The practice

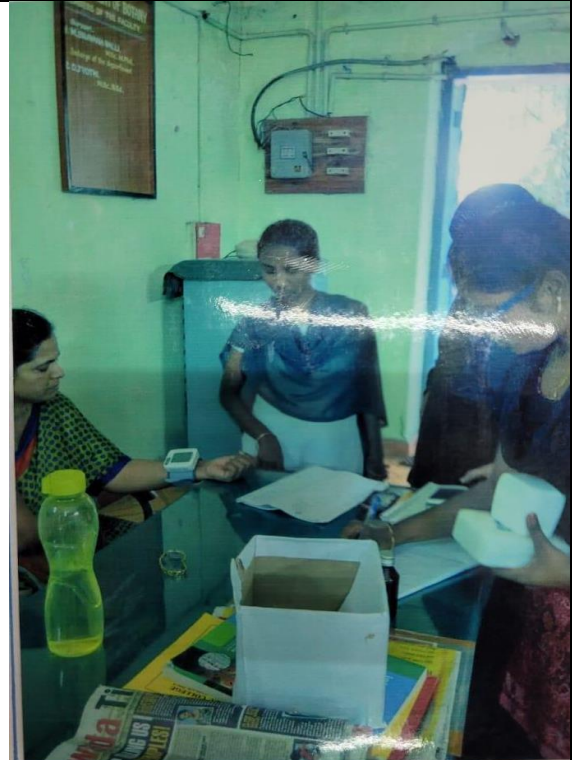
The students of the department of biochemistry approach staff and students, request them to cooperate in screening for risk factors. This will help in health promotion.

### Out come

This activity will give awareness to the staff and students about their clinical condition and helps in promoting their health.

### Obstacles:

1. Cost of the glucometer strips



Students calculating BMI and measuring BP

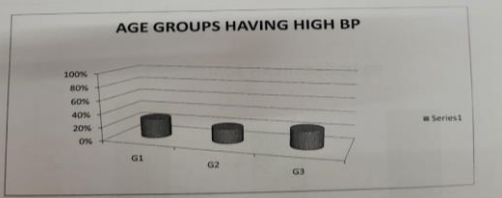




Students measuring the blood glucose parameter using glucometer

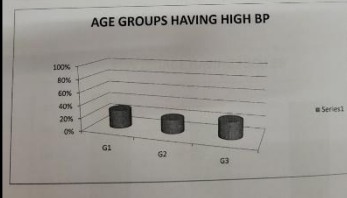
- Percentage of staff of age group 30-40 with high blood pressure : 28 %
- Percentage of staff of age group 40-50 with high blood pressure : 21.7%
- Percentage of staff of age group 50-60 with high blood pressure : 25.6 %

AGE GROUP	PERCENTAGE HAVING HIGH BP
30-40	28 %
40-50	21.7%
50-60	25.6 %



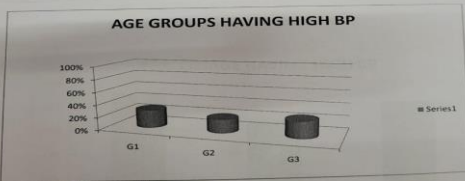
- Percentage of staff of age group 30-40 with high blood pressure : 28 %
- Percentage of staff of age group 40-50 with high blood pressure : 21.7%
- Percentage of staff of age group 50-60 with high blood pressure : 25.6 %

AGE GROUP	PERCENTAGE HAVING HIGH BP
30-40	28 %
40-50	21.7%
50-60	25.6 %



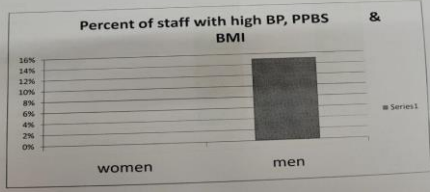
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- Percentage of staff of age group 40-50 with high blood pressure : 21.7%
- Percentage of staff of age group 50-60 with high blood pressure : 25.6 %

AGE GROUP	PERCENTAGE HAVING HIGH BP
30-40	28 %
40-50	21.7%
50-60	25.6 %



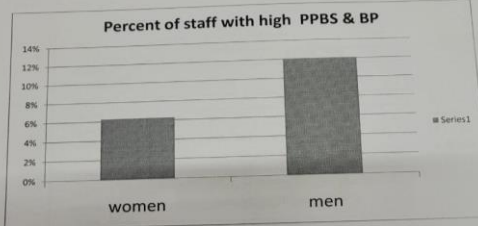
- Percentage of staff s with high BP ,PPBS & BMI

WOMEN	MEN	TOTAL
0 %	15.1 %	15.1 %



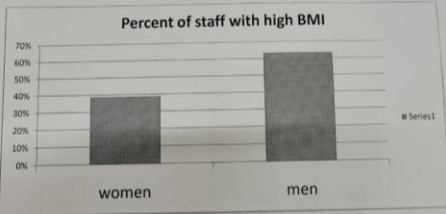
- Percentage of staff with both BP & PPBS

WOMEN	MEN	TOTAL
6.25 %	12.1%	10.2%



- Percentage of staff members with high BMI

WOMEN	MEN
38.75 %	63.6 %



Graphs indicating different clinical parameters among the staff

## Student study project on type 2 diabetic risk assessment:

A student study project conducted at S.R.R&C.V.R GDC (A) to assess the risk factors associated with type II diabetes among the college population.

The study aimed to gather data from the faculty members and draw conclusions regarding the prevalence of various risk factors contributing to type II diabetes. By understanding these factors, the project aimed to raise awareness and promote preventive measures to reduce the risk of developing type II diabetes among college students.

**Methodology:** The study utilized a survey-based approach to collect data from the faculty members of the College. The survey consisted of questions related to various risk factors associated with type 2 diabetes, including body mass index (BMI), physical activity levels, genetic predisposition, and dietary regulation, hypertension, and medication intake. The survey was distributed among the faculty members, and responses were collected anonymously.

**Results and Analysis:** The study received responses from a significant portion of the faculty members, allowing for an analysis of the data. The findings are as follows:

1. **High BMI:** The data revealed that 40% of the surveyed faculty members had a high BMI, indicating an increased risk of developing type 2 diabetes due to excess body weight.
2. **Physical Activity:** Only 20% of the faculty members reported engaging in regular physical activity, highlighting a lack of exercise as a potential risk factor for type 2 diabetes.
3. **Genetic Predisposition:** Approximately 13% of the surveyed faculty members reported having a genetic predisposition to type 2 diabetes, indicating an inherent risk factor.
4. **Dietary Regulation:** A small proportion, 5% of faculty members, reported not regulating their diet adequately, which can contribute to the development of type 2 diabetes.
5. **Hypertension:** The study revealed that 15% of the faculty members had hypertension, a condition closely associated with an increased risk of developing type 2 diabetes.
6. **Medication:** Surprisingly, 75% of the faculty members reported taking medication for various health conditions, suggesting a potential association between medication intake and type 2 diabetes risk.

**Conclusion:** Based on the findings of this study, it is evident that several risk factors associated with type 2 diabetes are prevalent among the faculty members of S.R.R&C.V.R GDC. These

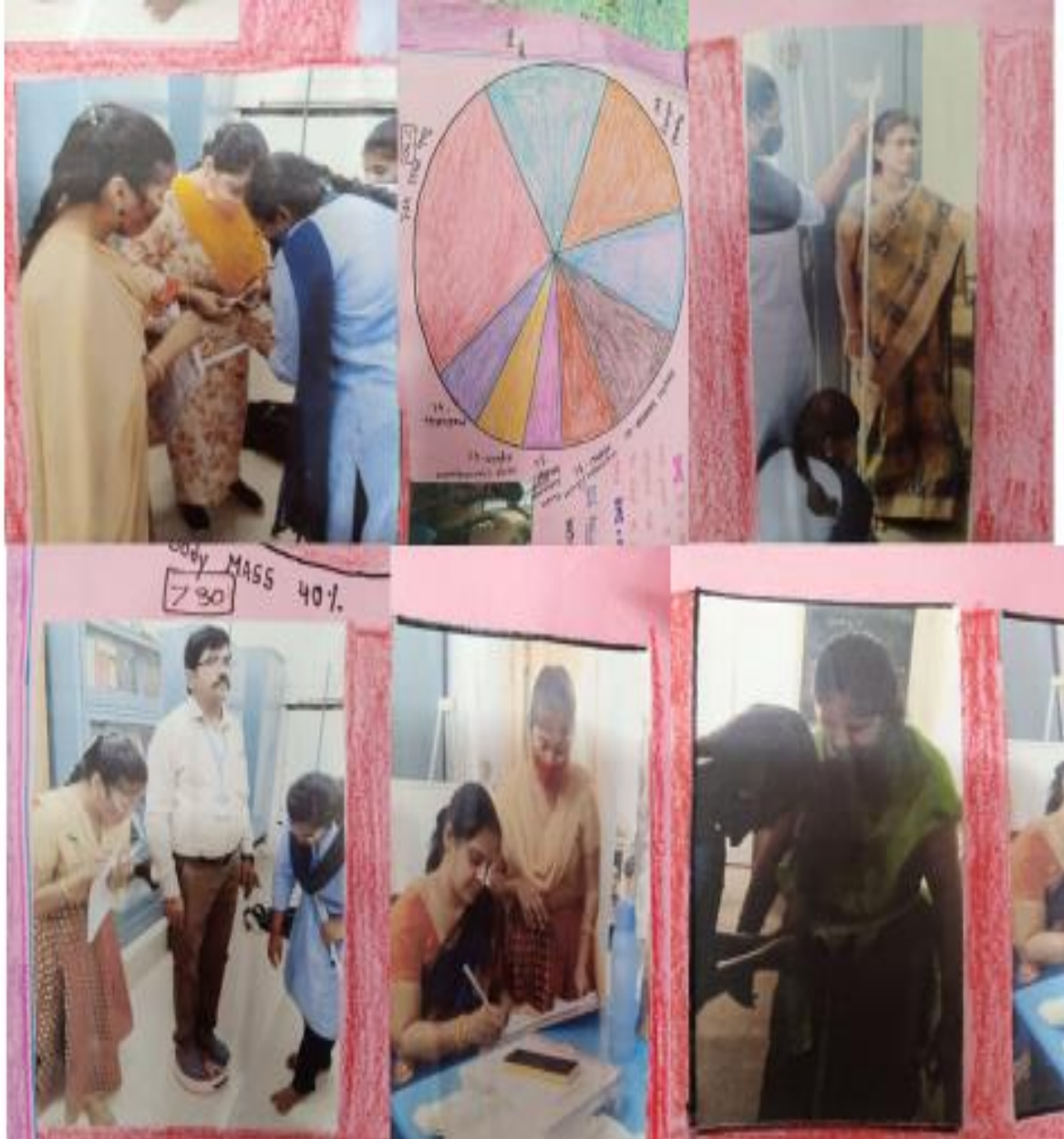
risk factors include high BMI, insufficient physical activity, genetic predisposition, poor dietary regulation, hypertension, and medication intake.

The results of this study emphasize the importance of raising awareness about type II diabetes among college students and implementing preventive measures. By promoting healthy lifestyle habits, such as regular physical activity, a balanced diet, and weight management, the college can help reduce the risk of type II diabetes among its student population.

Future research may focus on conducting a similar study among college students themselves, expanding the sample size, and exploring additional risk factors to gain a more comprehensive understanding of type II diabetes risk within the college community.

By addressing the risk factors identified in this study and fostering a supportive environment for healthy living, can play a vital role in promoting the well-being and long-term health of its students.





Giving awareness for obesity by calculating BMI and Waist circumference among staff and society circumference.

Physics Department.

F

9866546848  
B NAGAMANI



# Type 2 diabetes risk assessment form

w-65  
h-155

Circle the right alternative and add up your points.

### 1. Age

- 0 p. Under 45 years
- 2 p. 45-54 years
- 3 p. 55-64 years
- 4 p. Over 64 years

### 6. Have you ever taken antihypertensive medication regularly?

- 0 p. No
- 2 p. Yes

### 2. Body mass index (See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p. 25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

### 7. Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy)?

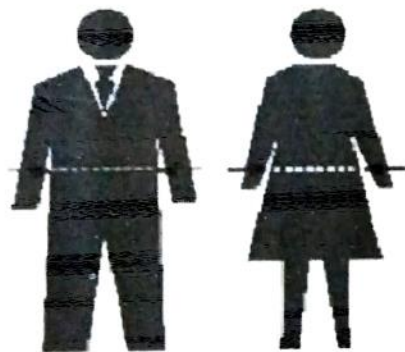
- 0 p. No
- 5 p. Yes

### 3. Waist circumference measured below the ribs (usually at the level of the navel)

	MEN	WOMEN
0 p.	Less than 94 cm	Less than 80 cm
3 p.	94-102 cm	80-88 cm
4 p.	More than 102 cm	<del>More than 88 cm</del>

### 8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, sister or child)
- 5 p. Yes: parent, brother, sister, or own child



### 4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p. No

### 5. How often do you eat vegetables, fruit, or berries?

- 0 p. Every day
- 1 p. Not every day

### Total risk score

The risk of developing type 2 diabetes within 10 years is

- ~~Lower than 7~~ Low: estimated one in 100 will develop disease
- 7-11 Slightly elevated: estimated one in 25 will develop disease
- 12-14 Moderate: estimated one in 6 will develop disease
- 15-20 High: estimated one in three will develop disease
- Higher than 20 Very high: estimated one in two will develop disease

Please turn over

L. Sunitha

8179821299

Family Diabetes Association



# Type 2 diabetes risk assessment form

W-73

H-160

Circle the right alternative and add up your points.

### 1. Age

- 0 p. Under 45 years (36)
- 2 p. 45-54 years
- 3 p. 55-64 years
- 4 p. Over 64 years

### 6. Have you ever taken antihypertensive medication regularly?

- 0 p. No
- 2 p. Yes

### 2. Body mass index (See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p. 25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

### 7. Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy)?

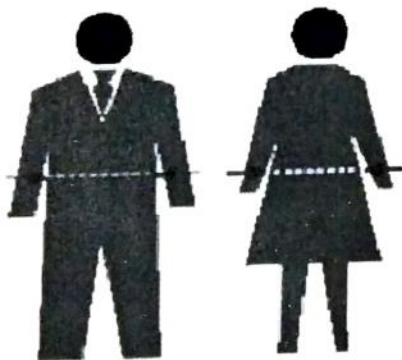
- 0 p. No
- 5 p. Yes

### 3. Waist circumference measured below the ribs (usually at the level of the navel)

- |                            | MEN              | WOMEN  |
|----------------------------|------------------|--|
| <input type="radio"/> 0 p. | Less than 94 cm  | <input checked="" type="radio"/> Less than 80 cm |
| <input type="radio"/> 3 p. | 94-102 cm        | 80-88 cm   |
| <input type="radio"/> 4 p. | More than 102 cm | More than 88 cm                                  |

### 8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, sister or child)
- 5 p. Yes: parent, brother, sister, or own child



### 4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p. No

### 5. How often do you eat vegetables, fruit, or berries?

- 0 p. Every day
- 1 p. Not every day

### Total risk score

The risk of developing type 2 diabetes within 10 years is

- Lower than 7 Low: estimated one in 100 will develop disease
- 7-11 Slightly elevated: estimated one in 25 will develop disease
- 12-14 Moderate: estimated one in 6 will develop disease
- 15-20 High: estimated one in three will develop disease
- Higher than 20 Very high: estimated one in 2 two will develop disease

Please turn over

60 V. Naga Padmavathi - Bolamty

9182179891



### Type 2 diabetes risk assessment form

H-155  
W-60

Circle the right alternative and add up your points.

#### 1. Age

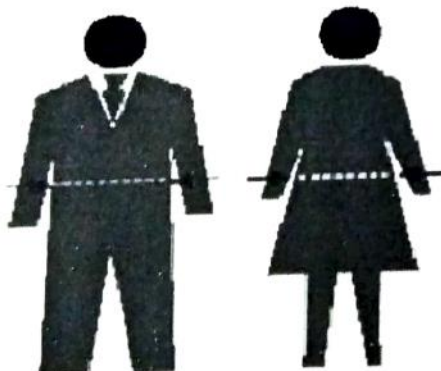
- 0 p. Under 45 years
- 2 p. 45-54 years
- 3 p. 55-64 years
- 4 p. Over 64 years

#### 2. Body mass index (See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p. 25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

#### 3. Waist circumference measured below the ribs (usually at the level of the navel)

- |      | MEN              | WOMEN           |
|------|------------------|-----------------|
| 0 p. | Less than 94 cm  | Less than 80 cm |
| 3 p. | 94-102 cm        | 80-88 cm        |
| 4 p. | More than 102 cm | More than 88 cm |



#### 4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p. No

#### 5. How often do you eat vegetables, fruit, or berries?

- 0 p. Every day
- 1 p. Not every day

#### 6. Have you ever taken antihypertensive medication regularly?

- 0 p. No
- 2 p. Yes

#### 7. Have you ever been found to have high blood glucose (e.g. in a health examination during an illness, during pregnancy)?

- 0 p. No
- 5 p. Yes

#### 8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, sister, or child)
- 5 p. Yes: parent, brother, sister, or own child

#### Total risk score

12 The risk of developing type 2 diabetes within 10 years is

- Lower than 7 Low: estimated one in 100 will develop disease
- 7-11 Slightly elevated: estimated one in 25 will develop disease
- 12-14 Moderate: estimated one in 10 will develop disease
- 15-20 High: estimated one in three will develop disease
- Higher than 20 Very high: estimated one in two will develop disease

Please turn

V. Naga Padmavathi



BMI = 28 kg/m<sup>2</sup>

M

G. Nagakjuni

Finnish Diabetic Association

168 cm

79 kg

52 age

100 wrist

(F)

### Type 2 diabetes risk assessment form

Circle the right alternative and add up your points.

#### 1. Age

- 0 p. Under 45 years
- 2 p. 45-54 years
- 3 p. 55-64 years
- 4 p. Over 64 years

#### 6. Have you ever taken antihypertensive medication regularly?

- 0 p.  No
- 2 p.  Yes

#### 2. Body mass index (See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p.  25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

#### 7. Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy)?

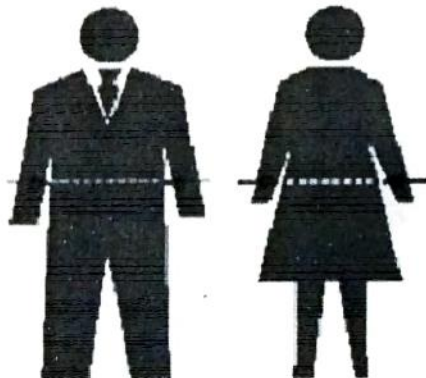
- 0 p.  No
- 5 p.  Yes

#### 3. Waist circumference measured below the ribs (usually at the level of the navel)

	MEN	WOMEN
0 p.	Less than 94 cm	Less than 80 cm
3 p.	94-102 cm	80-88 cm
4 p.	More than 102 cm	More than 88 cm

#### 8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p.  No
- 3 p.  Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, sister or child)
- 5 p.  Yes: parent, brother, sister, or own child



#### 4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p.  Yes
- 2 p.  No

#### 5. How often do you eat vegetables, fruit, or berries?

- 0 p.  Every day
- 1 p.  Not every day

#### Total risk score

The risk of developing type 2 diabetes within 10 years is

- Lower than 7 Low: estimated one in 100 will develop disease
- 7-11 Slightly elevated: estimated one in 25 will develop disease
- 12-14 Moderate: estimated one in 6 will develop disease
- 15-20 High: estimated one in three will develop disease
- Higher than 20 Very high: estimated one in two will develop disease

M

K.V.S. Sir.  
Chemistry Dept.



BMI = 29.8 kg/m<sup>2</sup>

### Type 2 diabetes risk assessment form

(F)  
Diabetes

Circle the right alternative and add up your points.

1. Age

- 0 p. Under 45 years
- 2 p. 45-54 years
- 3 p. 55-64 years
- 4 p. Over 64 years

169 cm  
85 weight  
60 age  
109 wiste

6. Have you ever taken antihypertensive medication regularly?

- 0 p. No
- 2 p. Yes

2. Body mass index (See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p. 25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

7. Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy)?

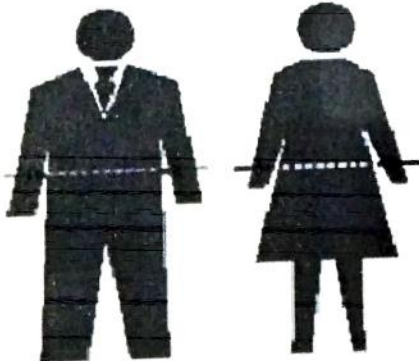
- 0 p. No
- 5 p. Yes

3. Waist circumference measured below the ribs (usually at the level of the navel)

	MEN	WOMEN
0 p.	Less than 94 cm	Less than 80 cm
3 p.	94-102 cm	80-88 cm
4 p.	More than 102 cm	More than 88 cm

8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, sister or child)
- 5 p. Yes: parent, brother, sister, or own child



4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p. No

5. How often do you eat vegetables, fruit, or berries?

- 0 p. Every day
- 1 p. Not every day

Total risk score

**23** The risk of developing type 2 diabetes within 10 years is

Lower than 7	Low: estimated one in 100 will develop disease
7-11	Slightly elevated: estimated one in 25 will develop disease
12-14	Moderate: estimated one in 6 will develop disease
15-20	High: estimated one in three will develop disease
Higher than 20	Very high: estimated one in 2 two will develop disease

Please turn over



Dr. Yugankar Desai  
9440196634



## Type 2 diabetes risk assessment form

W-72  
H-172

Circle the right alternative and add up your points.

### 1. Age

- 0 p. Under 45 years
- 2 p. 45-54 years
- 3 p. 55-64 years
- 4 p. Over 64 years

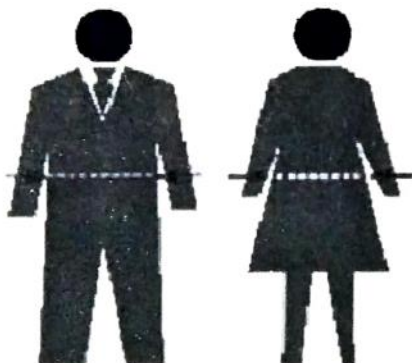
### 2. Body mass index

(See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 2 p. 25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

### 3. Waist circumference measured below the ribs (usually at the level of the navel)

- |      | MEN              | WOMEN           |
|------|------------------|-----------------|
| 0 p. | Less than 94 cm  | Less than 80 cm |
| 3 p. | 94-102 cm        | 80-88 cm        |
| 4 p. | More than 102 cm | More than 88 cm |



### 4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p. No

### 5. How often do you eat vegetables, fruit, or berries?

- 0 p. Every day
- 1 p. Not every day

### 6. Have you ever taken antihypertensive medication regularly?

- 0 p. No
- 2 p. Yes

### 7. Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy)?

- 0 p. No
- 5 p. Yes

### 8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, sister or child)
- 5 p. Yes: parent, brother, sister, or own child

### Total risk score



The risk of developing type 2 diabetes within 10 years is

- Lower than 7 Low: estimated one in 100 will develop disease
- 7-11 Slightly elevated: estimated one in 25 will develop disease
- 12-14 Moderate: estimated one in 6 will develop disease
- 15-20 High: estimated one in three will develop disease
- Higher than 20 Very high: estimated one in 2 two will develop disease

Please turn over



Dr. B. Rubha  
998513789

## Type 2 diabetes risk assessment form

H - 155  
W - 64

Circle the right alternative and add up your points.

1. Age

- 0 p. Under 45 years
- 2 p.  45-54 years
- 3 p. 55-64 years
- 4 p. Over 64 years

2. Body mass index  
(See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p.  25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

3. Waist circumference measured below the ribs (usually at the level of the navel)

- |      | MEN              | WOMEN           |
|------|------------------|-----------------|
| 0 p. | Less than 94 cm  | Less than 80 cm |
| 3 p. | 94-102 cm        | 80-88 cm        |
| 4 p. | More than 102 cm | More than 88 cm |



4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p.  No

5. How often do you eat vegetables, fruit, or berries?

- 0 p.  Every day
- 1 p. Not every day

6. Have you ever taken antihypertensive medication regularly?

- 0 p.  No
- 2 p. Yes

7. Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy)?

- 0 p.  No
- 5 p. Yes

8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, sister or child)
- 5 p. Yes: parent, brother, sister, or own child

Total risk score

9 The risk of developing type 2 diabetes within 10 years is

- Lower than 7 Low: estimated one in 100 will develop disease
- Slightly elevated: estimated one in 25 will develop disease
- 12-14 Moderate: estimated one in 6 will develop disease
- 15-20 High: estimated one in three will develop disease
- Higher than 20 Very high: estimated one in 2 two will develop disease



RAZIN SULTIANA

8978087099

Type 2 diabetes risk assessment form



W-65

M-148

Circle the right alternative and add up your points.

1. Age

- 0 p. Under 45 years
- 2 p. 45-54 years
- 3 p. 55-64 years
- 4 p. Over 64 years

6. Have you ever taken antihypertensive medication regularly?

- 0 p. No
- 2 p. Yes

2. Body mass index (See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p. 25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

7. Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy)?

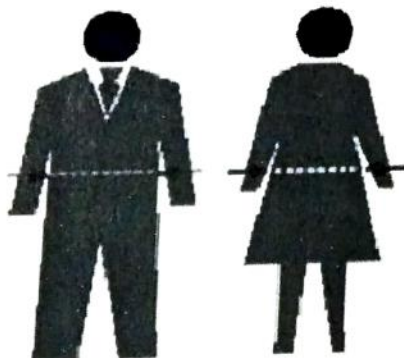
- 0 p. No
- 5 p. Yes

3. Waist circumference measured below the ribs (usually at the level of the navel)

- |      | MEN              | WOMEN           |
|------|------------------|-----------------|
| 0 p. | Less than 94 cm  | Less than 80 cm |
| 3 p. | 94-102 cm        | 80-88 cm        |
| 4 p. | More than 102 cm | More than 88 cm |

8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, sister or child)
- 5 p. Yes: parent, brother, sister, or own child



4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p. No

5. How often do you eat vegetables, fruit, or berries?

- 0 p. Every day
- 1 p. Not every day

Total risk score

7 The risk of developing type 2 diabetes within 10 years is

- Lower than 7 Low: estimated one in 100 will develop disease
- 7-11 Slightly elevated: estimated one in 25 will develop disease
- 12-14 Moderate: estimated one in 6 will develop disease
- 15-20 High: estimated one in three will develop disease
- Higher than 20 Very high: estimated one in two will develop disease

Please turn over



T. Pavani  
9676679511



# Type 2 diabetes risk assessment form

W-70  
H-142

Circle the right alternative and add up your points.

### 1. Age

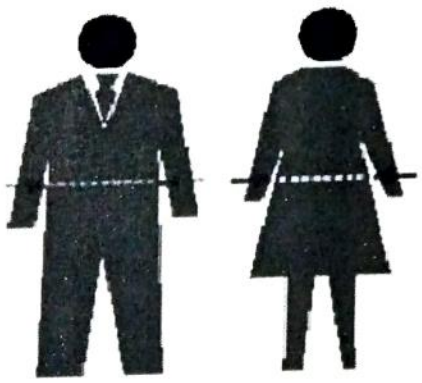
- 0 p. Under 45 years
- 2 p. 45-54 years
- 3 p. 55-64 years
- 4 p. Over 64 years

### 2. Body mass index (See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p. 25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

### 3. Waist circumference measured below the ribs (usually at the level of the navel)

- |      | MEN <sup>42</sup> | WOMEN           |
|------|-------------------|-----------------|
| 0 p. | Less than 94 cm   | Less than 80 cm |
| 3 p. | 94-102 cm         | 80-88 cm        |
| 4 p. | More than 102 cm  | More than 88 cm |



### 4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p. No

### 5. How often do you eat vegetables, fruit, or berries?

- 0 p. Every day
- 1 p. Not every day

### 6. Have you ever taken antihypertensive medication regularly?

- 0 p. No
- 2 p. Yes

### 7. Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy)?

- 0 p. No
- 5 p. Yes

### 8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, sister or child)
- 5 p. Yes: parent, brother, sister, or own child

**Total risk score**

The risk of developing type 2 diabetes within 10 years is

Lower than 7	Low: estimated one in 100 will develop disease
7-11	Slightly elevated: estimated one in 25 will develop disease
12-14	Moderate: estimated one in 6 will develop disease
15-20	High: estimated one in three will develop disease
Higher than 20	Very high: estimated one in 2 two will develop disease

G. Swapna  
Lecturer in Botany



### Type 2 diabetes risk assessment form

W-72

M-157

Circle the right alternative and add up your points.

#### 1. Age

- 0 p. Under 45 years
- 2 p. 45-54 years
- 3 p. 55-64 years
- 4 p. Over 64 years

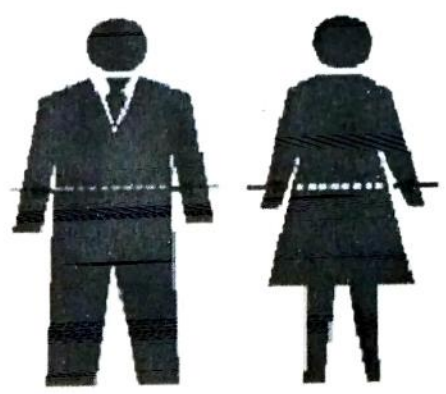
#### 2. Body mass index

(See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p. 25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

#### 3. Waist circumference measured below the ribs (usually at the level of the navel)

	MEN	WOMEN
0 p.	Less than 94 cm	Less than 80 cm
3 p.	94-102 cm	80-88 cm
4 p.	More than 102 cm	<del>More than 88 cm</del>



#### 4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p. No

#### 5. How often do you eat vegetables, fruit, or berries?

- 0 p. Every day
- 1 p. Not every day

#### 6. Have you ever taken antihypertensive medication regularly?

- 0 p. No
- 2 p. Yes

#### 7. Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy)?

- 0 p. No
- 5 p. Yes

#### 8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, sister or child)
- 5 p. Yes: parent, brother, sister, or own child

#### Total risk score

16 The risk of developing type 2 diabetes within 10 years is

- Lower than 7 Low: estimated one in 100 will develop disease
- 7-11 Slightly elevated: estimated one in 25 will develop disease
- 12-14 Moderate: estimated one in 6 will develop disease
- ~~15-20~~ High: estimated one in three will develop disease
- ~~Higher than 20~~ Very high: estimated one in 2 two will develop disease

Please turn over

G. Kasumawati

9440181446

Comm Ed Dept

Finnish Diabetes Association

(F)



38 kg/m<sup>2</sup>

80 kg

145 cm

125 cm

### Type 2 diabetes risk assessment form

Circle the right alternative and add up your points.

#### 1. Age

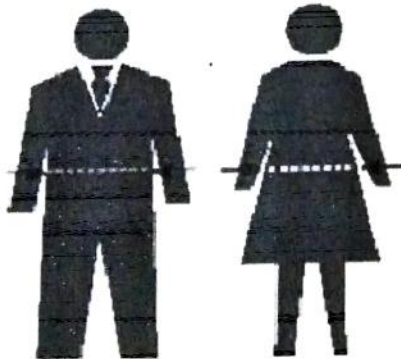
- 0 p. Under 45 years
- 2 p. 45-54 years ✓
- 3 p. 55-64 years
- 4 p. Over 64 years

#### 2. Body mass index (See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p. 25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

#### 3. Waist circumference measured below the ribs (usually at the level of the navel)

- |  | MEN              | WOMEN           |
|--|------------------|-----------------|
| 0 p.                                     | Less than 94 cm  | Less than 80 cm |
| 3 p.                                     | 94-102 cm        | 80-88 cm        |
| <input checked="" type="checkbox"/> 4 p. | More than 102 cm | More than 88 cm |



#### 4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p. No

#### 5. How often do you eat vegetables, fruit, or berries?

- 0 p. Every day
- 1 p. Not every day

#### 6. Have you ever taken antihypertensive medication regularly?

- 0 p. No
- 2 p. Yes

#### 7. Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy)?

- 0 p. No
- 5 p. Yes

#### 8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, sister or child)
- 5 p. Yes: parent, brother, sister, or own child

#### Total risk score



The risk of developing type 2 diabetes within 10 years is

- Lower than 7 Low: estimated one in 100 will develop disease
- 7-11 Slightly elevated: estimated one in 25 will develop disease
- 12-14 Moderate: estimated one in 6 will develop disease
- 15-20 High: estimated one in three will develop disease
- Higher than 20 Very high: estimated one in 2 two will develop disease

G. Kasumawati

Please turn over



# Type 2 diabetes risk assessment form

Circle the right alternative and add up your points.

### 1. Age

- 0 p. Under 45 years
- 2 p. 45-54 years
- 3 p. 55-64 years
- 4 p. Over 64 years

### 2. Body mass index

(See reverse of form)

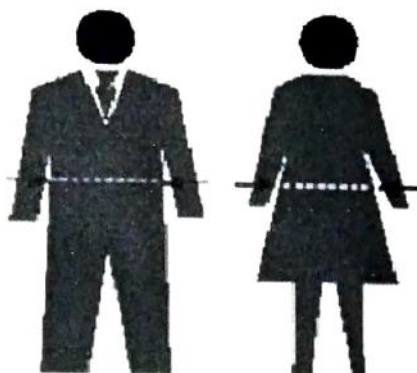
- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p. 25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

### 3. Waist circumference measured below the ribs (usually at the level of the navel)

#### MEN

#### WOMEN

- |   |                 |
|---|-----------------|
| 0 p. Less than 94 cm                                      | Less than 80 cm |
| 3 p. 94-102 cm  | 80-88 cm        |
| <input checked="" type="checkbox"/> 4 p. More than 102 cm | More than 88 cm |



### 4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p. No

### 5. How often do you eat vegetables, fruit, or berries?

- 0 p. Every day
- 1 p. Not every day

### 6. Have you ever taken antihypertensive medication regularly?

- 0 p. No
- 2 p. Yes

### 7. Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy)?

- 0 p. No
- 5 p. Yes

### 8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, sister or child)
- 5 p. Yes: parent, brother, sister, or own child

### Total risk score

The risk of developing type 2 diabetes within 10 years is

- Lower than 7 Low: estimated one in 100 will develop disease
- 7-11 Slightly elevated: estimated one in 25 will develop disease
- 12-14 Moderate: estimated one in 6 will develop disease
- 15-20 High: estimated one in three will develop disease
- Higher than 20 Very high: estimated one in 2 two will develop disease

Please turn over

A. Rosalinda Lec in English

Gr. V. S. Singh.  
Dept. Chemist.

Finnish Diabetes Association



$BMI = 34.2 \text{ kg/m}^2$

## Type 2 diabetes risk assessment form

Circle the right alternative and add up your points.

### 1. Age

- 0 p. Under 45 years
- 2 p. 45-54 years
- 3 p. 55-64 years
- 4 p. Over 64 years

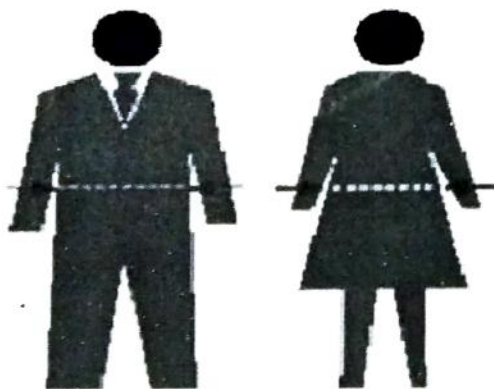
165 cm.  
93 weight.  
49 age.  
109 wrist.

### 2. Body mass index (See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 2 p. 25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

### 3. Waist circumference measured below the ribs (usually at the level of the navel)

- |  | MEN              | WOMEN           |
|--|------------------|-----------------|
| 0 p.                                     | Less than 94 cm  | Less than 80 cm |
| <input checked="" type="checkbox"/> 3 p. | 94-102 cm        | 80-88 cm        |
| 4 p.                                     | More than 102 cm | More than 88 cm |



### 4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p. No

### 5. How often do you eat vegetables, fruit, or berries?

- 0 p. Every day
- 1 p. Not every day

### 6. Have you ever taken antihypertensive medication regularly?

- 0 p. No
- 2 p. Yes

### 7. Have you ever been found to have high blood glucose (e.g. in a health examination during an illness, during pregnancy)?

- 0 p. No
- 5 p. Yes

### 8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, or child)
- 5 p. Yes: parent, brother, sister, or own child

### Total risk score

The risk of developing type 2 diabetes within 10 years

Lower than 7 Low: estimated one in 100 will develop disease

7-11 Slightly elevated: estimated one in 25 will develop disease

12-14 Moderate: estimated one will develop disease

15-20 High: estimated one in three will develop disease

Higher than 20 Very high: estimated one in two will develop disease

Ph. no. 9912196769.

G. VENKATESWARULU



## Type 2 diabetes risk assessment form

Circle the right alternative and add up your points.

### 1. Age

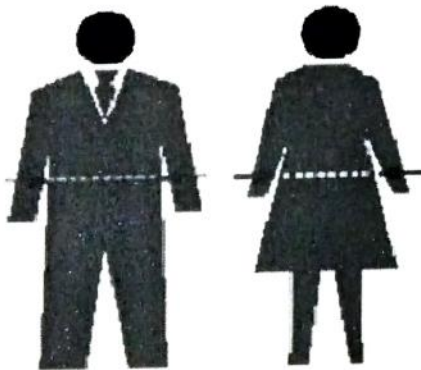
- 0 p. Under 45 years
- 2 p. 45-54 years
- 3 p. 55-64 years (56)
- 4 p. Over 64 years

### 2. Body mass index (See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p. 25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

### 3. Waist circumference measured below the ribs (usually at the level of the navel)

- |  | MEN              | WOMEN           |
|--|------------------|-----------------|
| 0 p.                                     | Less than 94 cm  | Less than 80 cm |
| 3 p.                                     | 94-102 cm        | 80-88 cm        |
| <input checked="" type="checkbox"/> 4 p. | More than 102 cm | More than 88 cm |



### 4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p. No

### 5. How often do you eat vegetables, fruit, or berries?

- 0 p. Every day
- 1 p. Not every day

### 6. Have you ever taken antihypertensive medication regularly?

- 0 p. No
- 2 p. Yes

### 7. Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy)?

- 0 p. No
- 5 p. Yes

### 8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, sister or child)
- 5 p. Yes: parent, brother, sister, or own child

### Total risk score

17 The risk of developing type 2 diabetes within 10 years is

- Lower than 7 Low: estimated one in 100 will develop disease
- 7-11 Slightly elevated: estimated one in 25 will develop disease
- 12-14 Moderate: estimated one in 6 will develop disease
- 15-20 High: estimated one in three will develop disease
- Higher than 20 Very high: estimated one in two will develop disease

Please turn over

8121723467

M

K - Siva Prasad.

Finnish Diabetes Association

# Type 2 diabetes risk assessment form

W - 85

H - 164

Circle the right alternative and add up your points.

### 1. Age

- 0 p. Under 45 years
- 2 p. 45-54 years
- 3 p. 55-64 years
- 4 p. Over 64 years

### 6. Have you ever taken antihypertensive medication regularly?

- 0 p. No
- 2 p. Yes

### 2. Body mass index (See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p. 25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

### 7. Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy)?

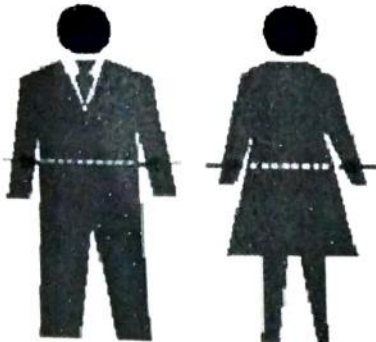
- 0 p. No
- 5 p. Yes

### 3. Waist circumference measured below the ribs (usually at the level of the navel)

	MEN	WOMEN
<input checked="" type="checkbox"/> 0 p.	Less than 94 cm	Less than 80 cm
3 p.	94-102 cm	80-88 cm
4 p.	More than 102 cm	More than 88 cm

### 8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, sister or child)
- 5 p. Yes: parent, brother, sister, or own child



### 4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p. No

### 5. How often do you eat vegetables, fruit, or berries?

- 0 p. Every day
- 1 p. Not every day

### Total risk score

6 The risk of developing type 2 diabetes within 10 years is

- Lower than 7 Low: estimated one in 100 will develop disease
- 7-11 Slightly elevated: estimated one in 25 will develop disease
- 12-14 Moderate: estimated one in 6 will develop disease
- 15-20 High: estimated one in three will develop disease
- Higher than 20 Very high: estimated one in 2 two will develop disease

Please turn over

K 8 5 2 0 0

DR. NANDAVA KOTESWARA RAO

M



Physical Diabetic

7207998999

Final Diabetes Assessment

### Type 2 diabetes risk assessment form

W-120

H-174

Circle the right alternative and add up your points.

1. Age

- 0 p. Under 45 years
- 2 p. 45-54 years
- 3 p. 55-64 years
- 4 p. Over 64 years

2. Body mass index

(See reverse of form)

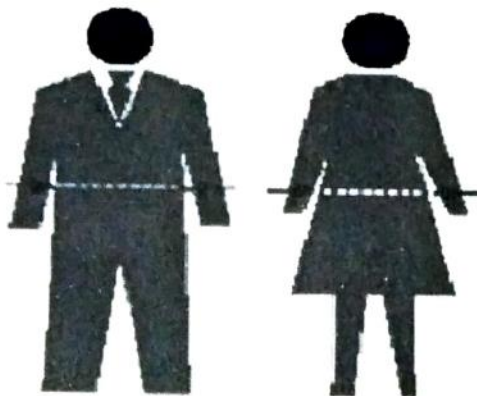
- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p. 25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

3. Waist circumference measured below the ribs (usually at the level of the navel)

MEN

WOMEN

- |                       |                 |
|-----------------------|-----------------|
| 0 p. Less than 94 cm  | Less than 80 cm |
| 3 p. 94-102 cm        | 80-88 cm        |
| 4 p. More than 102 cm | More than 88 cm |



4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p. No

5. How often do you eat vegetables, fruit, or berries?

- 0 p. Every day
- 1 p. Not every day

6. Have you ever taken antihypertensive medication regularly?

- 0 p. No
- 2 p. Yes

7. Have you ever been found to have high blood glucose (e.g. in a health examination during an illness, during pregnancy)?

- 0 p. No
- 5 p. Yes

8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, or child)
- 5 p. Yes: parent, brother, sister, or own child

Total risk score

G The risk of developing type 2 diabetes within 10 years

- Lower than 7 Low: estimated one in 100 will develop disease
- 7-11 Slightly elevated: estimated one in 25 will develop disease
- 12-14 Moderate: estimated one in 10 will develop disease
- 15-20 High: estimated one in 5 will develop disease
- Higher than 20 Very high: estimated one in 2 will develop disease

Dr. D Ch. APPAYAO  
Community Dept.

M

10/10/14



BMI 30.5 kg/m<sup>2</sup>



### Type 2 diabetes risk assessment form

105 cm  
167 cm  
80 kg

Circle the right alternative and add up your points.

#### 1. Age

- 0 p. Under 45 years
- 2 p. 45-54 years
- 3 p. 55-64 years
- 4 p. Over 64 years

#### 6. Have you ever taken antihypertensive medication regularly?

- 0 p. No
- 2 p. Yes

#### 2. Body mass index (See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p. 25-30 kg/m<sup>2</sup>
- 3 p. Higher than 30 kg/m<sup>2</sup>

#### 7. Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy)?

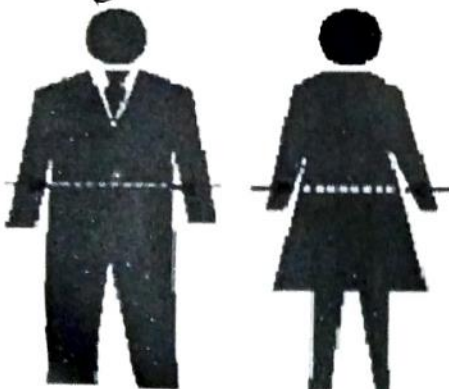
- 0 p. No
- 3 p. Yes

#### 3. Waist circumference measured below the ribs (usually at the level of the navel)

- |      | <input checked="" type="checkbox"/> MEN | WOMEN           |
|------|---|-----------------|
| 0 p. | Less than 94 cm                         | Less than 80 cm |
| 3 p. | 94-102 cm                               | 80-88 cm        |
| 4 p. | More than 102 cm                        | More than 88 cm |

#### 8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, sister or child)
- 5 p. Yes: parent, brother, sister, or own child



#### 4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p. No

#### 5. How often do you eat vegetables, fruit, or berries?

- 0 p. Every day
- 1 p. Not every day

#### Total risk score

The risk of developing type 2 diabetes within 10 years is:

- Lower than 7 Low: estimated one in 100 will develop disease
- 7-11 Slightly elevated: estimated one in 25 will develop disease
- 12-14 Moderate: estimated one in 6 will develop disease
- 15-20 High: estimated one in three will develop disease
- Higher than 20 Very high: estimated one in 2 two will develop disease

*[Handwritten signature]*  
081144

Please turn over



# Type 2 diabetes risk assessment form

U = 60  
A = 150  
(267)

Circle the right alternative and add up your points.

### 1. Age

- 0 p. Under 45 years (43)
- 2 p. 45-54 years
- 3 p. 55-64 years
- 4 p. Over 64 years

### 6. Have you ever taken antihypertensive medication regularly?

- 0 p. No
- 2 p. Yes

### 2. Body mass index (See reverse of form)

- 0 p. Lower than 25 kg/m<sup>2</sup>
- 1 p. 25-30 kg/m<sup>2</sup> (267)
- 3 p. Higher than 30 kg/m<sup>2</sup>

### 7. Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy)?

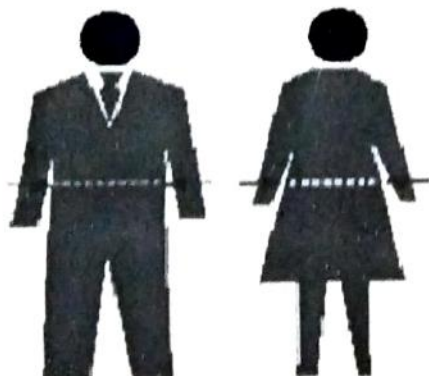
- 0 p. No
- 5 p. Yes

### 3. Waist circumference measured below the ribs (usually at the level of the navel)

	MEN	WOMEN
0 p.	Less than 94 cm	Less than 80 cm
3 p.	94-102 cm	80-88 cm
4 p.	More than 102 cm	More than 88 cm

### 8. Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- 0 p. No
- 3 p. Yes: grandparent, aunt, uncle, or first cousin (but no own parent, brother, sister or child)
- 5 p. Yes: parent, brother, sister, or own child



### 4. Do you usually have daily at least 30 min of physical activity at work and/or during leisure time (including normal daily activity)?

- 0 p. Yes
- 2 p. No

### 5. How often do you eat vegetables, fruit, or berries?

- 0 p. Every day
- 1 p. Not every day

### Total risk score

4 The risk of developing type 2 diabetes within 10 years is

- Lower than 7 Low: estimated one in 100 will develop disease
- 7-11 Slightly elevated: estimated one in 25 will develop disease
- 12-14 Moderate: estimated one in 6 will develop disease
- 15-20 High: estimated one in three will develop disease
- Higher than 20 Very high: estimated one in two will develop disease

Please turn over