

Date.....

Name.....

Fasted? Y / N

How to use the IR Health Check measurements

There is no single measure of insulin resistance (IR). Use all the IR Health Check measures to get an indication of your body's level of insulin resistance.

More measures in the green indicates insulin resistance is less likely.

More measures in amber or red indicates insulin resistance is more likely.

Insulin resistance indicator



Waist (cm).....

Height (cm).....

Waist : Height.....

0.4	0.49	0.5	0.59	0.6	1.0
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Glucose (mmol/L).....

Known diabetes Y / N

3.5	5.5	5.6	6.9	7.0	>11.0
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If not known to have diabetes:
Glucose of >7 then see GP (routinely)
Glucose of >11 then see GP (urgently)

Triglycerides (mmol/L).....

HDL-C (mmol/L).....

Trig : HDL-C.....

Ideal							
<1.3	1.3	1.69	1.7	2.19	2.2	5.6	>5.6

If >5.6 then see GP (routinely)

3.0	1.0	0.99	0	(Male)
3.0	1.3	1.29	0	(Female)

Ideal							Very high
<0.9	0.9	1.29	1.3	1.69	1.7	2.6	>2.6

BP sys (mmHg).....

BP dia (mmHg).....

Taking BP medication Y / N

Ideal								V high	Urgent
<120	120	129	130	139	140	159	160	180	

If >180 then seek urgent medical review

Ideal							V high	Urgent
<80	80	84	85	89	90	99	100	120

If >120 then seek urgent medical review

No	Yes
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