

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 (inches).....

Height (inches).....

Waist : Height.....

0.4	0.49	0.5	0.59	0.6	1.0
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Glucose (mg/dL).....

63	99	100	125	126	>198
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Known diabetes Y / N

If not known to have diabetes:
Glucose of >125 then see doctor (routinely)
Glucose of >198 then see doctor (urgently)

Triglycerides (mg/dL).....

<115	115	149	150	194	195	595	>595
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If >5.6 then see GP (routinely)

HDL-C (mg/dL).....

116	40	39	0	(Male)
3.0	50	49	0	(Female)

Trig : HDL-C.....

<2	2.0	2.95	2.98	3.88	3.89	5.95	>5.95
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Ideal Very high

BP sys (mmHg).....

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

If >180 then seek urgent medical review

BP dia (mmHg).....

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

If >120 then seek urgent medical review

Taking BP medication Y / N

No	Yes
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