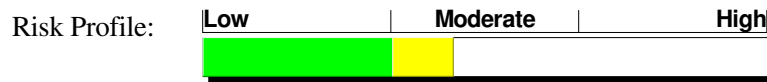


Your Name & Phone Number Here!

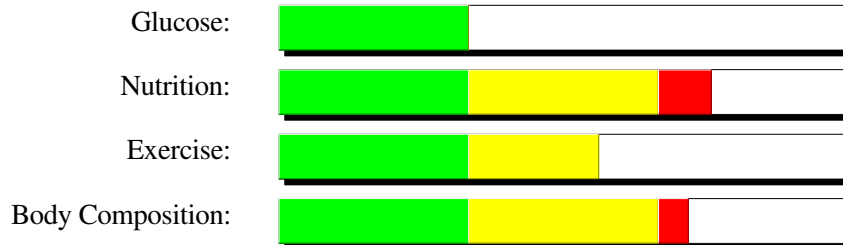
Health Risk Appraisal

Diabetes Risk Profile



Diabetes is a disorder of carbohydrate metabolism. It is estimated that there are about 11 million diabetics in the United States. However, 5 million of them have not been diagnosed. Diabetes can cause life-threatening complications, especially when not diagnosed and treated properly. Diabetes is the seventh leading cause of death in the U.S., killing more than 130,000 people.

The condition is characterized by abnormally elevated blood sugar (hyperglycemia). Diabetes is the result of inadequate production or utilization of insulin. Several factors can lead to diabetes including: genetics, poor nutrition, exercise habits, and excessive body fat. The following intervention factors are a result of your analysis:



Intervention Factors

- ** You have an elevated glucose level detected in your blood.
- ** Changes in your nutrition are required. Excessive sodium and fat intake can increase your risk of diabetes.
- ** Reduce your percent body fat through proper diet and exercise.
- ** You should increase your exercise level to a minimum of 3 days per week for at least 20 minutes. Ask your provider for specific information.