

Results Target Sheet

Name:
 DOB:
 Hospital No:
 NHS No:

Diagnosing Diabetes		
Fasting blood glucose	Random blood glucose or 2 hour glucose tolerance test result	HbA1c

	Weight	Height	BMI	BP	Diabetes control	Blood Fats		
					HbA1c	Total Cholesterol	HDL	LDL
Date								
Date								

Look at your results and compare them to the targets overleaf

1. Now you have seen your own results, which of the areas/factors is the most important one for you to change?

eg I want to reduce my blood pressure or I want to stop smoking or I want to reduce my weight

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2. What do you think you could do or change to help improve your result?

eg I will eat 5 servings of fruit and vegetables a day, or I will contact the stop smoking service for more help or I will try to be active for 30 minutes three times a week

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3. Please take this target sheet to your next appointment with your GP and Practice Nurse to discuss how you are getting on with your planned changes.

Individual targets may vary- for further advice discuss with your own doctor.

HbA1c (Target is less than 53 mmol/mol)													
HbA1c less than	35	40	45	50	55	60	65	70	75	80	85	90	

Blood Fats (Target is 4 or less for total cholesterol, 1.3 or more for HDL cholesterol and less than 2 for LDL cholesterol)														
Total Cholesterol less than	2	2.5	3	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5
HDL more than	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5	0.4
LDL less than	1.2	1.4	1.6	1.8	2.0	2.2	2.4	2.6	2.8	3.0	3.2	3.4	3.6	3.8

Blood pressure (Target is 140/80 or less)													
Systolic	<130	135	140	145	150	155	160	165	170	175	180	>185	
Diastolic	<70	75	80	85	90	95	100	105	110	115	120	>125	

Weight (Target is less than 25 but for an older adult it may be better to have a BMI in the orange range)													
Body Mass Index (BMI) = Weight/Height ²	19 or under	20	21	22	23	24	25	26	27	28	29	30	More than 30

Smoking (Target is to be a non-smoker)			
	Non smoker	Passive	Smoker