Diabetes health profile

Measure	Result	Target (note: it is important to discuss personal targets with your care team)
Height (m (ft, inch))		
Weight (kg (stones and pounds))		
Body Mass Index (BMI) (kg/m^2) (weight for height measurement)		**18.5-25** healthy weight 25-29.9 overweight Over 30 obese
Waist circumference (cm)		Men Women Healthy - less than **94** **80** Increased risk 94-102 80-88 Greater risk – above 102 88
Blood glucose (mmol/l)		Pre-meal **4-7** 2 hours after a meal: less than **8.5** (type 2), **9.0** (type 1)
HbA$_1$c (% or mmol/mol) Average blood glucose		Diabetes: **48-58 mmol/l** Pre Diabetes is diagnosed at 42-47 mmol/mol
Blood pressure (mmHg)*		Type 2 diabetes **140/80** mmHg or below Type 1 diabetes **135/85** mmHg or below (130/80 mmHg or below with kidney problems or high risk of cardiovascular disease)
Total cholesterol (mmol/l)		Less than **4.0**
HDL (mmol/l) good cholesterol		Men **1.0** or above Women **1.2** or above
LDL (mmol/l)		Less than **2.0** (It is now recommended that Non HDL cholesterol should be measured instead but this LDL level is suggested as a good guide for individuals to use).
Total cholesterol: HDL ratio		Less than 4.5
Triglycerides		Less than **1.7**
Albumin Creatinine ratio (ACR) (mg/mmol)		Men: less than **2.5** Women: less than **3.5**
eGFR (ml/min)		**60** or more