

Section Two

The Results

What do these results mean?

The next section will explain what each measurement is and what your results mean.

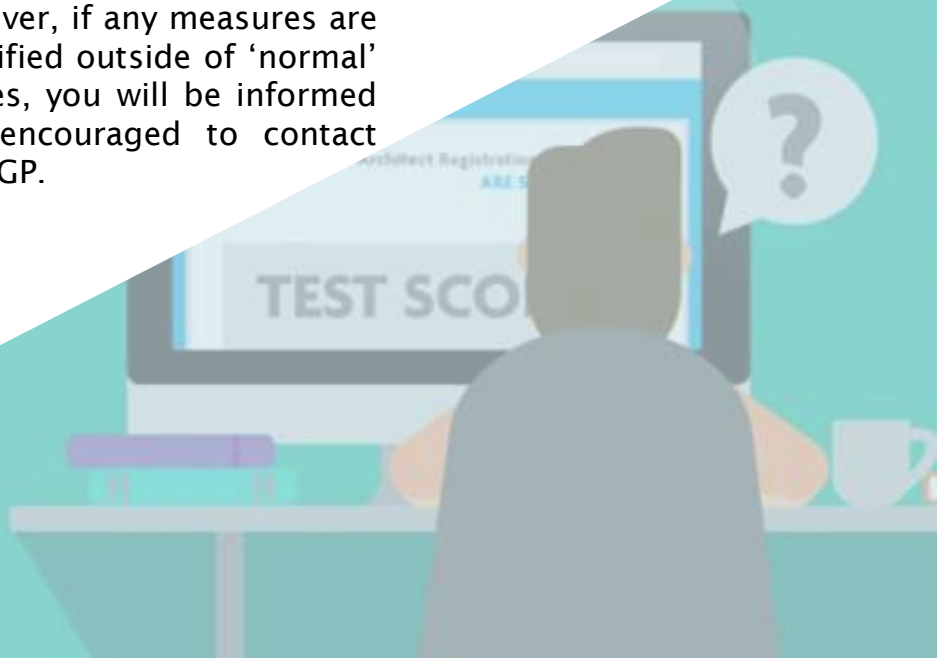
Are there any normal values for these measures?

These results are solely being used for research purposes and cannot be used for diagnostic purposes. However, if any measures are identified outside of 'normal' ranges, you will be informed and encouraged to contact your GP.

What do I do now?

You're all done! All you need to do now is follow the exercise programme that works for you. If at any point you wish to get in touch with the research team, please do so using the email:

MotivateT2D@ljmu.ac.uk



Why is my Body Mass Index Important

When you know your height and weight, follow the lines on the chart (next page) to find out your Body Mass Index (BMI).

BMI is a measure of body fat that is used by the medical profession to determine a person's weight in regard to the height.

BMI applies to adult men and women and assesses whether people are underweight, of a healthy weight, overweight or clinically obese.

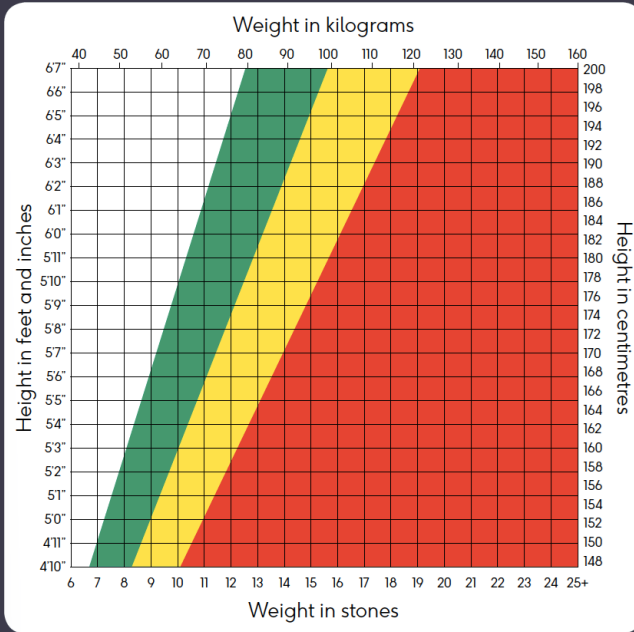
People who are classed as clinically obese possess a greater risk of developing diabetes, as well as cardiovascular diseases, cancer and suffering a stroke.

Why is my Waist Circumference Important

Regardless of your BMI, you should try to lose weight if you have a high waist circumference (>102cm in men or >88cm in women). This is because your risk of getting some health problems is affected by where you store your body fat, as well as your weight.

Carrying too much fat around your middle (waist) can make it more likely for you to have conditions such as heart disease or a stroke.

Find out your BMI



Underweight
BMI below 18.5

Ideal Weight
BMI 18.5-24.9

Overweight
BMI 25-29.9

Obese
BMI above 30

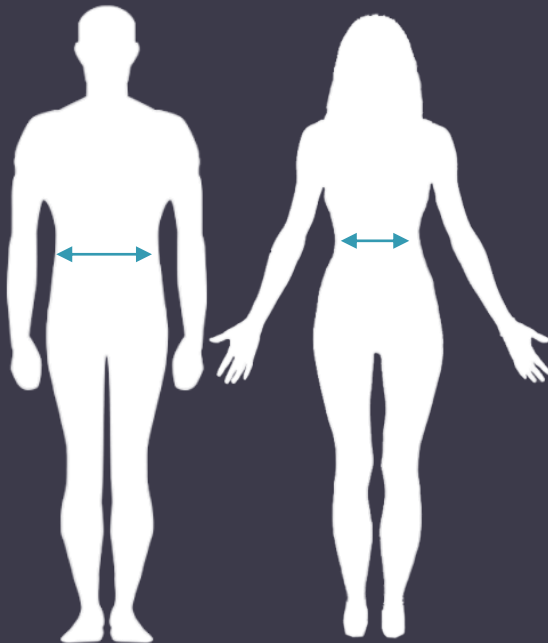
Waist Circumference

Men

Low: 94cm or lower

Medium: 94-102cm

High: 102cm or higher



Women

Low: 80cm or lower

Medium: 80-88cm

High: 88cm or higher

What is blood pressure?

Blood pressure is the pressure your heart uses to push blood through your blood vessels and around your body.

There are two numbers used to describe blood pressure and it's measured in millimetres of mercury (mmHg). It's written like this: 130/80mmHg. And you'll hear your doctor say '130 over 80'.

The first number is the most amount of pressure your heart uses to push the blood around, when your heart is beating. The second number is the least amount of pressure, when your heart is relaxed between beats.

High blood pressure?

High blood pressure means that your heart has to work harder to pump blood around your body, so the pressure is always higher than it should be.

People with diabetes and high blood pressure are more at risk of having a heart attack or stroke.

Blood Pressure Results

Blood Pressure	
Ideal	90/60mmHg to 120/80mmHg
Increased Risk	120/80mmHg to 140/90mmHg
High	140/90mmHg



If your blood pressure was over 180/120mmHg please seek medical advice and then contact a member of the research team

What are you measuring in my blood?

Using your finger prick blood sample we will be measuring a number of health makers. For example your cholesterol and HbA1c levels.

Your blood samples will be sent to Monitor My Health an NHS trusted lab.

What is HbA1c?

The term HbA1c refers to glycated haemoglobin. It develops when haemoglobin, a protein within red blood cells that carries oxygen throughout your body, joins with glucose in the blood, becoming 'glycated'.

By measuring glycated haemoglobin (HbA1c), clinicians are able to get an overall picture of what our average blood sugar levels have been over a period of weeks/months.

For people with diabetes this is important as the higher the HbA1c, the greater the risk of developing diabetes-related complications.

What is Cholesterol?

We will measure your HDL cholesterol (good cholesterol) and LDL-C (bad cholesterol). If the levels of your bad cholesterol become too high and the good cholesterol too low you are at increased risk of developing cardiovascular complications. We will also measure triglycerides, which can have bad effects on your health if levels are high, too.

For most people, eating a healthy, balanced diet and being physically active is enough to keep cholesterol levels healthy.

HbA1c



Cholesterol

	Healthy Levels
HDL	1 or above
HDL-C	4 or below
Triglycerides	2.3 or below