

Do you know your triceps skin fold thickness measurement? If not, you can estimate it by answering the following question:

When you touch your upper arm, does it feel:

- A) Soft and spongy (like you can easily pinch a lot of flesh)
- B) Moderately soft and spongy (like you can pinch a little bit of flesh)
- C) Moderately hard and dense (like you can't pinch much flesh)
- D) Hard and dense (like you can't pinch any flesh)

Answer A: estimated thickness between 20-30 mm

Answer B: estimated thickness between 15-20 mm

Answer C: estimated thickness between 10-15 mm

Answer D: estimated thickness less than 10 mm

Description: To estimate your triceps skin fold thickness using this method, lightly pinch the skin on the back of your upper arm, between your shoulder and elbow, with your thumb and fingers. Then, based on the description of the texture in each option, choose the one that most closely matches the feel of your skin.

Please note that this estimation method is not as accurate as using calipers, and that a healthcare professional can provide a more precise measurement

Have you ever taken medication regularly to manage high blood pressure?

- A) Yes, I currently take medication for high blood pressure
- B) No, I have never taken medication for high or low blood pressure.

Answer A: range from 130/80 mm Hg to 180/110 mm Hg or higher.

Answer B: less than 120/80 mm Hg

Do you know your current plasma glucose concentration level in mg/dL? If not, you can estimate it by answering the following question:

When was the last time you ate or drank something other than water?

- A) Within the past hour
- B) Within the past 2-3 hours
- C) Within the past 4-6 hours
- D) Within the past 7-12 hours
- E) More than 12 hours ago

Answer A: 140-180 mg/dL

Answer B: 120-160 mg/dL

Answer C: 100-140 mg/dL

Answer D: 80-120 mg/dL

Answer E: 70-100 mg/dL

Description: "Plasma glucose concentration is a measure of the amount of sugar in your blood. It is an important indicator of your overall health and can be used to diagnose and monitor

conditions such as diabetes. If you are unsure of your exact plasma glucose concentration, we can use your answers to provide an estimate. This will help us better predict.

Do you experience any of the following symptoms after consuming a meal?

- A) No symptoms
- B) Mild symptoms (slight shakiness, increased heart rate, or mild sweating)
- C) Moderate symptoms (significant shakiness, increased heart rate, sweating, or mild confusion)
- D) Severe symptoms (extreme shakiness, increased heart rate, sweating, confusion, or loss of consciousness)

A) Below 5 μ U/ml

B) Between 5-10 μ U/ml

C) Between 10-15 μ U/ml

D) Above 15 μ U/ml

Description: This question is about your 2-hour serum insulin level. By asking about your insulin level, we can estimate your body's ability to process glucose. Your response will help us to estimate your insulin level.

Has anyone in your immediate family or other relatives been diagnosed with diabetes?

- A. No
- B. yes: grandparent uncle aunt first cousin
- C. yes: brother sister own child parent

A) 0

B) from 0 to 1.5.

0: No affected relatives

0.5: One affected relative who is a grandparent, aunt/uncle, or first cousin

1: Two or more affected relatives who are grandparents, aunts/uncles, or first cousins, or one affected relative who is a half-sibling

1.5: Two or more affected relatives who are grandparents, aunts/uncles, or first cousins, or one affected relative who is a full sibling

C) from 0 to 2.5

0: No affected relatives

0.5: One affected relative diagnosed after the age of 50

1: One affected relative diagnosed before the age of 50

1.5: Two affected relatives, one diagnosed before age 50 and one diagnosed after age 50

2: Two affected relatives, both diagnosed before age 50

2.5: Multiple affected relatives, with at least one diagnosed before age 50, or one affected parent and one affected sibling diagnosed before age 50.