1. Stroke Risk Recommendations

■ Total Score Range: 0–10

Risk Levels Based on Total Score

Total Score	Risk Category	Interpretation
0–2	Low Risk	Healthy lifestyle. Encourage regular screening.
3–5	Moderate Risk	Lifestyle modifications strongly recommended.
6–10	High Risk	High stroke risk. Immediate medical attention recommended.

Low Risk

Age Group	Gender	Dietary Recommendati on	Medical Recommendati on	Physical Activity Recommendati on
20–39	All	Follow a balanced home-cooked diet low in salt and rich in fruits and vegetables.	Schedule an annual blood pressure and lipid profile check.	Engage in at least 30 minutes of moderate activity such as walking or yoga daily.
40–59	Male	Reduce intake of fried and processed foods; increase fiber-rich vegetables.	Get blood pressure and cholesterol checked yearly.	Maintain 45 minutes of brisk walking or cycling five days a week.
40–59	Female	Include leafy greens, fruits,	Monitor blood pressure	Practice yoga and maintain a

		and healthy fats such as nuts in the diet.	annually, especially with a family history of stroke.	regular walking schedule.
60+	All	Eat soft, easy-to-digest meals low in salt and saturated fats.	Get comprehensive cardiovascular health check-ups annually.	Engage in light walking or low-impact indoor exercises.

Moderate Risk

Age Group	Gender	Dietary Recommendati on	Medical Recommendati on	Physical Activity Recommendati on
20–39	All	Eliminate packaged snacks and reduce sodium intake.	Monitor blood pressure and body mass index regularly.	Commit to 30–45 minutes of regular walking or light aerobic activity.
40–59	Male	Transition to a home-cooked diet with low salt and healthy oils.	Discuss preventive medications with a physician.	Maintain regular physical activity including cardio workouts.
40–59	Female	Limit caffeine, salt, and sugary foods; increase vegetable consumption.	Check blood pressure and manage stress and hormonal balance.	Combine walking with flexibility exercises.
60+	All	Choose high-fiber meals with limited salt and fat.	Begin stroke-preventio n therapies as recommended by a healthcare provider.	Participate in safe indoor mobility exercises.

High Risk

Age Group	Gender	Dietary Recommendati on	Medical Recommendati on	Physical Activity Recommendati on
20–39	All	Strictly avoid alcohol, smoking, salty foods, and high-fat diets.	Seek immediate medical attention for cardiovascular evaluation.	Begin physiotherapist- guided light physical activity.
40–59	Male	Eliminate red meat, processed foods, and alcohol from the diet.	Start prescribed treatment for blood pressure, blood sugar, and cholesterol.	Follow a doctor-supervise d low-intensity exercise routine.
40–59	Female	Eat a plant-based diet rich in omega-3 and folate.	Combine stroke-preventio n medications with hormone monitoring if necessary.	Focus on balance-enhanci ng, low-impact workouts.
60+	All	Eat soft, non-spicy foods in small, frequent portions.	Schedule frequent follow-ups with a cardiologist or neurologist.	Engage in seated or supported mobility exercises.

2. Liver Risk Recommendations

III Total Score Range: 0−100 (Approx.)

Total Score	Risk Category	Interpretation
0–25	Low Risk	Liver is likely functioning well. Maintain healthy habits.

26–50	Moderate Risk	Risk factors present. Lifestyle changes and routine liver check-ups recommended.
51 and above	High Risk	Strong signs of liver stress or future risk. Seek medical advice and screening.

Low Risk

Age Group	Gender	Dietary Recommendati on	Medical Recommendati on	Physical Activity Recommendati on
All Ages	All	Maintain a balanced diet, avoid alcohol, and reduce intake of oily and processed foods.	Undergo liver function tests once a year.	Perform daily moderate activity such as walking or yoga.

Moderate Risk					
Age Group		Gender	Dietary Recommendati on	Medical Recommendati on	Physical Activity Recommendati on
All Ages	All		Avoid sugar, alcohol, and oily foods; consume more steamed vegetables and pulses.	Consult a physician for liver function tests and abdominal ultrasound.	Engage in brisk walking or yoga, ensuring adequate hydration.
High Risk					
Age Group		Gender	Dietary Recommendati on	Medical Recommendati on	Physical Activity Recommendati

on

All Ages	All	Follow a	Consult a liver	Limit physical
		high-protein,	specialist and	activity to mild
		vegetarian diet;	begin a	walking or
		avoid alcohol,	treatment plan	guided
		fried food, and	based on test	physiotherapy.
		sugar.	results.	

3. Diabetes Risk Recommendations

☐ Total Score Range: 0 to 100

Risk Category Based on Score

Total Score	Risk Level	Interpretation
0–30	Low Risk	Lifestyle is generally healthy.
30–50	Moderate Risk	Caution advised. Modify lifestyle habits.
60 and above	High Risk	Immediate medical screening recommended.

Low Risk

Age Group	Gender	Dietary Recommendati on	Medical Recommendati on	Physical Activity Recommendati on
20–39	All	Reduce sugar intake, consume whole grains, fruits, and legumes.	Get fasting blood sugar and hemoglobin A1c checked annually.	Maintain a minimum of 30 minutes of physical activity such as jogging or yoga daily.
40–59	Male	Avoid sweets and refined	Conduct routine sugar level	Regular gym or walking at least

		carbohydrates; eat home-cooked, fiber-rich meals.	screening annually.	four times a week.
40–59	Female	Add leafy greens, seasonal fruits, and whole grains to the diet.	Monitor blood sugar and thyroid function periodically.	Combine cardio workouts with stress-reducing yoga.
60+	All	Eat soft, low-glycemic meals in smaller portions.	Schedule sugar testing and blood pressure monitoring every six months.	Engage in safe, low-impact activity such as indoor walking.

Moderate Risk

Age Group	Gender	Dietary Recommendati on	Medical Recommendati on	Physical Activity Recommendati on
20–39	All	Avoid sugary beverages and fried foods; eat more vegetables and whole grains.	Monitor body weight and blood sugar monthly.	Aim for 45 minutes of physical activity most days.
40–59	Male	Replace white rice and refined flour with millets and vegetables.	Consider early-stage medication after physician evaluation.	Perform moderate-intensi ty exercises regularly.
40–59	Female	Limit intake of sweets and increase dietary fiber and plant protein.	Undergo insulin resistance screening if family history is present.	Engage in strength and flexibility training.

60+	All	Take	Keep a log of	Incorporate mild
		diabetic-friendly	blood sugar and	movement
		meals in small,	consult a doctor	exercises under
		frequent	every three	supervision.
		servings.	months.	

High Risk

Age Group	Gender	Dietary Recommendati on	Medical Recommendati on	Physical Activity Recommendati on
20–39	All	Eliminate sweets and refined carbs; switch to high-protein, low-glycemic foods.	Initiate medical treatment, including oral medication or insulin as required.	Engage only in medically-appro ved physical activity.
40–59	Male	Follow a diabetic-specific meal plan with no sugar or processed foods.	Get comprehensive tests and start treatment under a diabetologist's care.	Participate in physical activity only under clinical supervision.
40–59	Female	Consume low-glycemic, high-fiber food and track carbohydrate intake.	Monitor hormonal imbalances and adjust medication accordingly.	Gentle walking or yoga based on physician guidance.
60+	All	Eat soft, balanced diabetic meals with low sugar and salt.	Continue routine follow-ups for blood glucose, feet, and eyes.	Perform only light physical movements under observation.