

**GDM Risk Prediction System**  
**Gestational Diabetes Mellitus Risk Assessment**  
**Report**  
*Generated on November 19, 2025 at 04:34 AM*

**Patient Information**

|                  |                                     |
|------------------|-------------------------------------|
| Full Name:       | Jane Moraa                          |
| Patient ID:      | 402c9ce4-565a-45f4-8f8e-db83aadb594 |
| Date of Birth:   | February 02, 1990                   |
| Age:             | 35 years                            |
| Assessment Date: | November 19, 2025 at 04:34 AM       |
| Phone:           | +254 791 360 000                    |
| National ID:     | 34512321                            |

**Risk Assessment Results**

**Risk Score: 85.6%**  
**High Risk**

Patient has a high risk of developing gestational diabetes mellitus.

**Clinical Data Used for Assessment**

| Parameter           | Value     | Reference Range                           |
|---------------------|-----------|---|
| Age                 | 35 years  | N/A                                       |
| BMI                 | 26.0      | <25 Normal, 25-29.9 Overweight, ≥30 Obese |
| Systolic BP         | N/A mmHg  | <140 mmHg                                 |
| Diastolic BP        | N/A mmHg  | <90 mmHg                                  |
| Hemoglobin          | 13.0 g/dL | 11.0-15.0 g/dL                            |
| HDL                 | N/A mg/dL | >40 mg/dL                                 |
| Pregnancies         | N/A       | N/A                                       |
| Family History DM   | No        | N/A                                       |
| Sedentary Lifestyle | Yes       | N/A                                       |
| Prediabetes         | No        | N/A                                       |

## Clinical Recommendations

### Recommended Actions:

1. Immediate glucose tolerance testing
2. Nutritional counseling with registered dietitian
3. Increased frequency of prenatal visits
4. Self-monitoring of blood glucose if indicated
5. Weight management guidance
6. Exercise program development (as appropriate)

**Note:** These recommendations are generated based on the risk assessment results and should be reviewed by a qualified healthcare provider. Individual patient circumstances may require modified approaches.

### Important Disclaimer

This risk assessment is for clinical decision support only and should not replace clinical judgment. The results are based on statistical models and population data. Individual patient factors not captured in this assessment may significantly impact actual risk. Always consult with qualified healthcare providers for diagnosis and treatment decisions. This assessment does not constitute medical advice, diagnosis, or treatment recommendation.