

Health test, what kind of process, information needed? Safiah

Risk Assessment Questions

High Blood Pressure

1. Age How old are you?	Risk Factor: Risk of developing type 2 diabetes increases with age, especially after age 45. 0 points: Less than 45 years 1 point: 45-54 years 2 points: 55-64 years 3 points: 65 years and older
2. Family History Do you have a parent, sibling, or child who has been diagnosed with type 2 diabetes?	Risk Factor: Family history is a strong risk factor for diabetes. If close relatives have type 2 diabetes, you may be at higher risk. <ul style="list-style-type: none">• 0 points: No family history• 3 points: Yes, family history Weighted Score: Multiply score by 2
3. Weight and BMI Are you overweight or obese? Follow-up: If yes, what is your height and weight?	Risk Factor: Being overweight or obese, especially with excess fat around the abdomen, is a major risk factor for type 2 diabetes. BMI (Body Mass Index) of 25 or higher increases risk. <ul style="list-style-type: none">• 0 points: BMI < 25• 1 point: BMI 25-29.9• 3 points: BMI ≥ 30 Weighted Score: Multiply score by 2
4. Physical Activity How often do you engage in physical activity or exercise each week?	Risk Factor: A sedentary lifestyle increases the risk of developing type 2 diabetes 0 points: 30 minutes or more, 3 or more days a week

<p>Options: Never / Less than 30 minutes a week / 30 minutes or more / 3 or more days a week.</p>	<p>1 point: Less than 30 minutes, 1-2 days a week 2 points: Less than 30 minutes, infrequently or never</p>
<p>5. High Blood Pressure Have you ever been diagnosed with high blood pressure (hypertension)?</p>	<p>Risk Factor: High blood pressure is a common condition that often co-occurs with type 2 diabetes.</p> <ul style="list-style-type: none"> • 0 points: No • 3 points: Yes <p>Weighted Score: Multiply score by 2</p>
<p>6. Gestational Diabetes (for Women) Have you ever been diagnosed with gestational diabetes (diabetes during pregnancy)?</p>	<p>Risk Factor: Women who have had gestational diabetes are at higher risk of developing type 2 diabetes later in life.</p> <ul style="list-style-type: none"> • 0 points: No • 3 points: Yes <p>Weighted Score: Multiply score by 2</p>
<p>7. Cholesterol Levels Have you ever been diagnosed with high cholesterol or high triglyceride levels?</p>	<p>Risk Factor: High cholesterol and high triglycerides are associated with an increased risk of developing type 2 diabetes. 0 points: No 2 points: Yes</p>
<p>8. Ethnicity What is your ethnicity? (Some ethnic groups are at higher risk of developing diabetes, including African American, Hispanic, Native American, Asian American, and Pacific Islander populations.)</p>	<p>Risk Factor: Certain ethnic groups, including African American, Hispanic, Asian American, Native American, and Pacific Islanders, have a higher risk of developing type 2 diabetes. 0 points: Ethnicity with lower diabetes risk 1 point: Ethnicity with higher diabetes risk (African American, Hispanic, Asian American, Native American, or Pacific Islander)</p>

9. Sleep Patterns Do you have trouble sleeping, or do you often feel tired during the day, even after a full night's rest?	Risk Factor: Poor sleep, especially conditions like sleep apnea, can increase the risk of type 2 diabetes. 0 points: No issues with sleep 2 points: Difficulty sleeping or excessive daytime fatigue
10. Thirst and Urination Have you noticed excessive thirst, or have you been urinating more frequently than usual?	Risk Factor: Increased thirst and frequent urination are common symptoms of high blood sugar (hyperglycemia), which can be a sign of diabetes. <ul style="list-style-type: none"> • 0 points: No symptoms • 3 points: Yes, one or both symptoms Weighted Score: Multiply score by 2
11. Blurred Vision Have you experienced blurred vision recently?	Risk Factor: Blurry vision is another potential symptom of uncontrolled diabetes. <ul style="list-style-type: none"> • 0 points: No blurred vision • 2 points: Yes, recently experienced blurred vision Weighted Score: Multiply score by 2
12. Slow Healing of Wounds or Infections Have you noticed that cuts, bruises, or infections take longer than usual to heal?	Risk Factor: Slow wound healing is a symptom of high blood sugar levels, which can damage nerves and blood vessels. <ul style="list-style-type: none"> • 0 points: No issues with healing • 3 points: Slow healing of wounds or frequent infections Weighted Score: Multiply score by 2

<p>13. Foot Problems Do you have numbness, tingling, or pain in your feet or legs?</p>	<p>Risk Factor: Nerve damage (neuropathy) is common in people with uncontrolled diabetes.</p> <ul style="list-style-type: none"> • 0 points: No foot numbness or tingling • 3 points: Yes, numbness or tingling in feet <p>Weighted Score: Multiply score by 2</p>
<p>14. Unexplained Weight Loss Have you experienced unexplained weight loss despite normal or increased appetite?</p>	<p>Risk Factor: Unexplained weight loss can be a sign of uncontrolled diabetes, especially if blood sugar levels are high.</p> <ul style="list-style-type: none"> • 0 points: No unexplained weight loss • 3 points: Yes, experienced unexplained weight loss <p>Weighted Score: Multiply score by 2</p>

- **Low Risk: 0-10 points**
- **Moderate Risk: 11-20 points**
- **High Risk: 21-30 points**
- **Very High Risk: 31 points and above**

Heart Disease

<p>1. Age How old are you?</p>	<p>Risk Factor: Age is a significant factor. Men over 45 and women over 55 are at higher risk for heart disease. The risk increases with age.</p> <p>0 points: Men under 45, Women under 55 1 point: Men 45–54, Women 55–64 2 points: Men 55+, Women 65+</p>
---	---

<p>2. Family History Do you have a family history of heart disease (e.g., heart attack, heart failure, stroke, or coronary artery disease)?</p>	<p>Risk Factor: A family history of heart disease increases your risk, especially if a close family member (parent, sibling) had heart disease early (before 55 for men or 65 for women).</p> <ul style="list-style-type: none"> • 0 points: No family history of heart disease • 2 points: Family history, but not early-onset • 3 points: Family history of early-onset heart disease (before 55 for men, 65 for women) <p>Weighted Score: Multiply score by 2</p>
<p>3. Smoking Do you currently smoke or have you ever smoked?</p>	<p>Risk Factor: Smoking is a major risk factor for heart disease, as it contributes to the buildup of plaque in the arteries, increases blood pressure, and lowers good cholesterol (HDL).</p> <ul style="list-style-type: none"> • 0 points: Never smoked • 2 points: Former smoker • 3 points: Current smoker <p>Weighted Score: Multiply score by 2</p>
<p>4. Physical Activity Level How often do you engage in physical activity or exercise? Options: Never, Less than 30 minutes per week, 30 minutes or more, 3 or more days per week.</p>	<p>Risk Factor: A sedentary lifestyle increases the risk of heart disease by contributing to obesity, high blood pressure, and poor cholesterol levels.</p> <p>0 points: Active (30+ minutes, 3+ days per week)</p> <p>1 point: Some activity (30 minutes, 1–2 days per week)</p> <p>2 points: Sedentary (less than 30 minutes per week)</p>

<p>5. Diet Do you eat a diet high in saturated fats, trans fats, or cholesterol-rich foods (e.g., fried foods, red meat, fast food)?</p>	<p>Risk Factor: A poor diet high in unhealthy fats and cholesterol can lead to the buildup of plaque in the arteries, a condition known as atherosclerosis, which can cause heart disease.</p> <p>0 points: Healthy diet (low saturated and trans fats) 1 point: Moderate intake of unhealthy fats 2 points: High intake of unhealthy fats and cholesterol</p>
<p>6. High Blood Pressure Have you ever been diagnosed with high blood pressure (hypertension)?</p>	<p>Risk Factor: High blood pressure increases the risk of heart disease by causing damage to the heart and blood vessels over time.</p> <ul style="list-style-type: none"> • 0 points: Normal blood pressure • 3 points: High blood pressure (diagnosed) <p>Weighted Score: Multiply score by 2</p>
<p>7. Cholesterol Levels Have you ever been told that your cholesterol levels are high?</p>	<p>Risk Factor: High cholesterol, particularly high levels of LDL ("bad" cholesterol), is a major risk factor for heart disease.</p> <ul style="list-style-type: none"> • 0 points: Normal cholesterol • 3 points: High cholesterol (diagnosed) <p>Weighted Score: Multiply score by 2</p>
<p>8. Diabetes or High Blood Sugar Have you ever been diagnosed with diabetes or prediabetes?</p>	<p>Risk Factor: Diabetes significantly increases the risk of heart disease. High blood sugar levels can damage blood vessels and contribute to plaque buildup in the arteries.</p> <ul style="list-style-type: none"> • 0 points: No diabetes or high blood sugar

	<ul style="list-style-type: none"> 3 points: Diagnosed with diabetes or prediabetes <p>Weighted Score: Multiply score by 2</p>
<p>9. Sleep Apnea Do you have trouble sleeping, or have you been diagnosed with sleep apnea (a condition where your breathing stops and starts while sleeping)?</p>	<p>Risk Factor: Sleep apnea increases the risk of heart disease, particularly high blood pressure, arrhythmias, and heart failure.</p> <p>0 points: No sleep apnea 2 points: Diagnosed with sleep apnea</p>
<p>10. Stress and Mental Health Do you experience high levels of stress on a daily basis?</p>	<p>Risk Factor: Chronic stress can contribute to heart disease by raising blood pressure and promoting unhealthy behaviors (e.g., overeating, smoking).</p> <p>0 points: Low stress 1 point: Moderate stress 2 points: High levels of stress</p>
<p>11. Waist Circumference or Abdominal Obesity Do you carry excess weight around your abdomen (i.e., "apple-shaped" body)? Follow-up: What is your waist circumference?</p>	<p>Risk Factor: Abdominal obesity (fat around the waist) is associated with an increased risk of heart disease, as it is linked to high cholesterol, high blood pressure, and insulin resistance.</p> <ul style="list-style-type: none"> 0 points: Waist circumference within healthy range 3 points: Waist circumference above healthy range <p>Weighted Score: Multiply score by 2</p>
<p>12. Alcohol Consumption How often do you drink alcohol? Options: Never, Occasionally, 1–2 drinks a day, More than 2 drinks a day.</p>	<p>Risk Factor: Excessive alcohol intake increases the risk of heart disease by raising blood pressure, contributing to obesity, and damaging the heart muscle.</p> <p>0 points: Never or occasionally 1 point: 1–2 drinks a day 2 points: More than 2 drinks a day</p>

<p>13. Symptoms of Heart Disease Have you ever experienced chest pain, tightness, or discomfort (angina)?</p>	<p>Risk Factor: Chest pain or discomfort is a common symptom of heart disease, particularly angina, which is caused by restricted blood flow to the heart.</p> <ul style="list-style-type: none"> • 0 points: No chest pain or discomfort • 3 points: Experienced chest pain or tightness (angina) <p>Weighted Score: Multiply score by 2</p>
<p>14. Swelling in the Legs, Ankles, or Feet Do you experience swelling in your legs, ankles, or feet?</p>	<p>Risk Factor: Swelling, particularly in the lower extremities, is often a symptom of heart failure or other circulatory issues.</p> <ul style="list-style-type: none"> • 0 points: No swelling • 3 points: Swelling in lower extremities

Low Risk: 0–15 points

Moderate Risk: 16–30 points

High Risk: 31–45 points

Very High Risk: 46 points and above

Diabetes

<p>1. Age How old are you?</p>	<p>Risk Factor: People aged 45 or older are at increased risk for type 2 diabetes. Risk increases with age, especially after 45.</p> <p>0 points: Less than 45 years 1 point: 45-54 years 2 points: 55-64 years 3 points: 65 years and older</p>
---	--

<p>2. Family History Do you have a parent, sibling, or child with diabetes?</p>	<p>Risk Factor: Having a family history of diabetes, especially in first-degree relatives (parent, sibling), increases your risk. 0 points: No family history 3 points: Yes, family history Weighted Score: Multiply score by 2</p>
<p>3. Cholesterol Levels Have you ever been told that you have high cholesterol or triglyceride levels?</p>	<p>Risk Factor: High levels of LDL cholesterol (bad cholesterol) and triglycerides, along with low levels of HDL cholesterol (good cholesterol), are associated with an increased risk of diabetes. 0 points: No history of high cholesterol 2 points: High cholesterol history</p>
<p>4. Thirst and Frequent Urination Have you noticed excessive thirst or dry mouth? Do you often urinate, especially at night?</p>	<p>Risk Factor: Excessive thirst (polydipsia) and frequent urination (polyuria) are common symptoms of elevated blood sugar, which may indicate diabetes. 0 points: No symptoms 3 points: Yes, one or both symptoms Weighted Score: Multiply score by 2</p>
<p>5. Fatigue or Weakness Do you often feel tired, fatigued, or weak, even after a full night's sleep?</p>	<p>Risk Factor: Unexplained fatigue can be a symptom of high blood sugar, as the body is unable to efficiently use glucose for energy. 0 points: No fatigue 2 points: Frequent fatigue</p>
<p>6. Slow Healing Do cuts, bruises, or infections take longer to heal than they used to?</p>	<p>Risk Factor: High blood sugar can impair the body's ability to heal wounds and fight infections, making healing slower. 0 points: Normal healing 2 points: Slow healing</p>
<p>7. Frequent Infections Do you experience frequent infections (e.g., urinary tract infections, skin infections, or gum infections)?</p>	<p>Risk Factor: High blood sugar levels can weaken the immune system, leading to more frequent or severe infections.</p> <ul style="list-style-type: none"> 0 points: No frequent infections

	<ul style="list-style-type: none"> • 3 points: Yes, frequent infections <p>Weighted Score: Multiply score by 2</p>
<p>8. Age at Onset of Menstrual Periods (for Women) At what age did you start menstruating?</p>	<p>Risk Factor: Women who start menstruating at a younger age may have an increased risk of developing diabetes later in life.</p> <ul style="list-style-type: none"> • 0 points: Menstruation began at age 12 or older • 1 point: Menstruation began before age 12 <p>Weighted Score: Multiply score by 0.5</p>
<p>9. Medical Conditions Linked to Diabetes Have you been diagnosed with polycystic ovary syndrome (PCOS), fatty liver disease, or high triglycerides?</p>	<p>Risk Factor: These conditions are often associated with insulin resistance, which increases the risk of developing type 2 diabetes.</p> <ul style="list-style-type: none"> • 0 points: No conditions (PCOS, fatty liver disease, or high triglycerides) • 3 points: Diagnosed with one or more of these conditions <p>Weighted Score: Multiply score by 2</p>

Low Risk: 0-10 points

Moderate Risk: 11-20 points

High Risk: 21-30 points

Very High Risk: 31 points and above

Depression

<p>1. Mood and Feelings of Sadness Over the past two weeks, how often have you been bothered by feeling down, depressed, or hopeless?</p> <p>Options: Not at all, Several days, More than half the days, Nearly every day.</p>	<p>Risk Factor: Persistent feelings of sadness or hopelessness are classic symptoms of depression.</p> <ul style="list-style-type: none"> • 0 points: Not at all • 1 point: Several days • 2 points: More than half the days • 3 points: Nearly every day <p>Weighted Score: Multiply score by 2</p>
<p>2. Loss of Interest or Pleasure Over the past two weeks, how often have you little interest or pleasure in doing things you normally enjoy?</p> <p>Options: Not at all, Several days, More than half the days, Nearly every day.</p>	<p>Risk Factor: A lack of interest or pleasure in activities that were previously enjoyable (anhedonia) is a key symptom of depression.</p> <ul style="list-style-type: none"> • 0 points: Not at all • 1 point: Several days • 2 points: More than half the days • 3 points: Nearly every day <p>Weighted Score: Multiply score by 2</p>
<p>3. Appetite and Weight Changes Over the past two weeks, have you noticed significant changes in your appetite or weight (either eating too much or too little)?</p> <p>Options: No change, Increase in appetite, Decrease in appetite..</p>	<p>Risk Factor: Significant weight loss or gain, or changes in appetite, are common symptoms of depression</p> <p>0 points: No change 1 point: Increase in appetite 1 point: Decrease in appetite</p>
<p>4. Feelings of Worthlessness or Guilt Over the past two weeks, how often have you felt worthless or excessively guilty about things you've done or not done?</p> <p>Options: Not at all, Several days, More than half the days, Nearly every day.</p>	<p>Risk Factor: Excessive guilt or feelings of worthlessness are often seen in depression and can sometimes be irrational or disproportionate to the situation.</p> <ul style="list-style-type: none"> • 0 points: Not at all • 1 point: Several days • 2 points: More than half the days • 3 points: Nearly every day <p>Weighted Score: Multiply score by 2</p>

<p>5. Thoughts of Death or Suicide Over the past two weeks, have you had thoughts of hurting yourself or that you would be better off dead?</p> <p>Options: No, Yes, but I didn't act on them, Yes, and I acted on them.</p>	<p>Risk Factor: Thoughts of suicide or self-harm are severe symptoms of depression and require immediate attention. Even if thoughts of suicide are passive or fleeting, they should be taken seriously.</p> <ul style="list-style-type: none"> • 0 points: No • 3 points: Yes, but I didn't act on them • 5 points: Yes, and I acted on them <p>Weighted Score: Multiply score by 3</p>
<p>6. Physical Symptoms (Pain, Aches, and Pains) Over the past two weeks, have you been experiencing physical symptoms like headaches, back pain, or digestive issues that have no clear physical cause?</p> <p>Options: Not at all, Several days, More than half the days, Nearly every day.</p>	<p>Risk Factor: Depression can manifest as unexplained physical symptoms (often referred to as somatic symptoms), such as chronic pain, headaches, or digestive disturbances.</p> <p>0 points: Not at all 1 point: Several days 2 points: More than half the days 3 points: Nearly every day</p>
<p>7. Alcohol or Drug Use Over the past two weeks, have you used alcohol, drugs, or other substances to cope with your feelings?</p>	<p>Risk Factor: Using substances as a coping mechanism can be both a sign of depression and a contributing factor to its worsening.</p> <p>0 points: No 2 points: Yes</p>
<p>8. History of Depression Have you ever been diagnosed with depression in the past or experienced similar symptoms in the past?</p>	<p>Risk Factor: A history of depression increases the likelihood of recurrence, and prior episodes may have been more severe or frequent.</p> <ul style="list-style-type: none"> • 0 points: No • 2 points: Yes <p>Weighted Score: Multiply score by 2</p>

<p>9. Past Trauma or Abuse Have you experienced any trauma or abuse in your past (physical, emotional, or sexual)?</p>	<p>Risk Factor: A history of trauma or abuse is a significant risk factor for developing depression, particularly post-traumatic stress disorder (PTSD).</p> <ul style="list-style-type: none"> • 0 points: No • 2 points: Yes <p>Weighted Score: Multiply score by 2</p>
<p>10. Stressful Life Events Have you experienced any major life changes or stressful events recently (e.g., loss of a loved one, job loss, financial stress, relationship issues)?</p>	<p>Risk Factor: Stressful life events, especially if they are recent or ongoing, can trigger or worsen depression.</p> <ul style="list-style-type: none"> • 0 points: No recent stressful events • 2 points: Experienced one or more major stressful events

- **Low Risk: 0–15 points**
- **Moderate Risk: 16–30 points**
- **High Risk: 31–45 points**
- **Very High Risk: 46 points and above**

Generate schedule, what information needed, test GenAI prompt – Heng

Age

Gender

Occupation type

Occupation time

Health history

Area of living

Family member

I am a {age} years old {gender} {occupation} work from {time} from {day}, I have {medical history}, living in {living area}, with {family members}. Can you generate a healthy week schedule. Please include suggestion for sport activities and meals type and list out some free time for modification

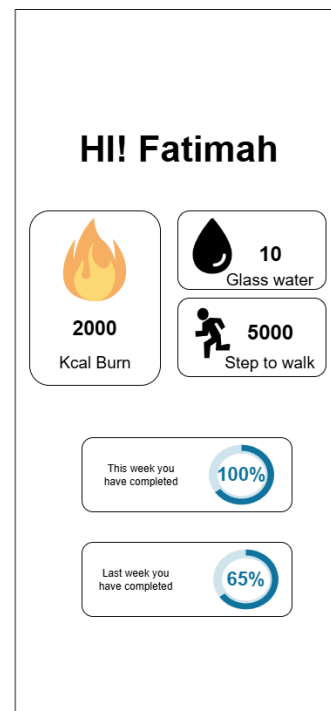
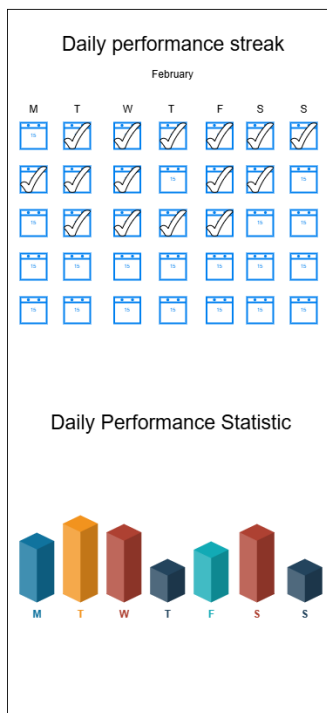
Performance Analysis - monthly/ daily/ weekly, what kind of chart - ellyssa

Calander - % on each day and month

Daily bar chart for a week

Goals tracker – daily by categories (Water Intake, calories burnt, calories intake, step count?)

Weekly Progress – How many progresses this week compare with last week



List of meals and calories data – Phoebe

<https://myfcd.moh.gov.my/>

https://github.com/Ylsheng2002/Food_calories.git

List of sport and calories burned – timerh

<https://www.kaggle.com/datasets/aadhavvignesh/calories-burned-during-exercise-and-activities?resource=download>