

Diabetes Prediction Report

User: Riad Hasan

Age: 23

BMI: 24.0

Smoking History: never

Prediction: No

Risk Level: Moderate Risk (Pre-Diabetes)

Personalized Feedback:

Dear Riad Hasan,

Thank you for using our Diabetes Prediction System. Based on your health indicators, here is your personal

■■ ****MODERATE RISK - PRE-DIABETES**** ■■

Your results indicate MODERATE risk (Pre-Diabetes). This is a critical warning sign that requires immediate

****What this means:****

- *Your blood sugar levels are higher than normal but not yet diabetic*
- *You have a 50% chance of developing diabetes within 5-10 years*
- *This is your opportunity to prevent full diabetes*

****Immediate Actions Required:****

- *Consult your doctor for a comprehensive health plan*
- *Start a structured diet and exercise program*
- *Monitor your blood sugar levels regularly*
- *Consider working with a diabetes educator*

****Prevention Strategies:****

- *Lose 5-10% of your body weight if overweight*
- *Exercise for at least 150 minutes per week*
- *Follow a low-glycemic index diet*
- *Get adequate sleep (7-9 hours per night)*

****Important Note:**** *This assessment is based on the information you provided and should not replace pro*

****Next Steps:****