

Diabetes Prediction Report

User:

Age: 85

BMI: 26.0

Smoking History: No Info

Prediction: No

Risk Level: Moderate Risk (Pre-Diabetes)

Personalized Feedback:

Dear ,

- ■ *Your results indicate MODERATE risk (Pre-Diabetes). You need to take preventive actions.*
- *Maintain a healthy weight and monitor your HbA1c levels regularly.*
- *Consider lifestyle changes, including a fiber-rich diet and exercise.*

Recommended Actions:

- Follow a diet rich in vegetables, lean proteins, and whole grains.
- Engage in at least 30 minutes of physical activity daily.
- Avoid sugary drinks and processed foods.
- Maintain a consistent sleep schedule.
- Regularly monitor your HbA1c and glucose levels.