

Diabetes Undone Workshop

August - September 2023

Name: _____

Age: _____

Height: _____

Recent Weight Change? Yes No
 Gain Loss

Year Of Diabetes Diagnosis _____

August 13th September 24th November 5th

Blood Pressure: _____ _____ _____

Weight: _____ _____ _____

Waist Circumference: _____ _____ _____

A1C: _____ _____ _____

Table 1 scoring:

Add 2 points for every 'yes' answer, with the following exceptions:

- **#6:** Add an additional 4 points (6 total) if you did not smoke, vape, or use tobacco/e-cigarettes
- **#10:** Add only 1 point if you felt you had enough time to take care of yourself most days
- **#2:** Add only 1 point if you used olive oil as your primary oil or used no oil when cooking

Table 2 scoring:

- **#11:** Add 1 point if you ate fewer than four meals at a sit-down or take-out restaurant

Add 2 points:

- **#12:** if you performed two or more resistance training workouts (e.g., pushups, squats, etc.)
 - Only 1 point if you performed one resistance training workout
- **#13:** if you consumed one or fewer sweetened drink per week (e.g., juice, sweeteners in coffee or tea, soda, sports drinks, etc.)
- **#14:** if you consumed three or fewer alcoholic drinks on any single day (four or fewer alcoholic drinks per day if male)
- **#15:** if you consumed one or fewer packaged snack per day (e.g., chips, crackers, cookies, protein bars, candy, etc.)
- **#17:** if you consumed two or more servings of fruit daily
 - Only 1 point if one serving of fruit was consumed daily
- **#19:** if you consumed one or fewer alcoholic drinks per day (two or fewer alcoholic drinks per day if male) or did not consume alcohol
- **#20:** if you consumed three or more servings of vegetables daily
 - Only 1 point if one serving of vegetable was consumed daily

#16: Average number of hours slept per night

Get 5 points if you slept eight hours or more on average per night

Get 3 points if you slept seven hours or more, but fewer than eight hours on average per night

#18: Average number of hours spent sitting

Get 3 points if you sit fewer than six hours on average per day

Get 1 point if you sit six hours or more, but fewer than eight hours on average per day

#21: Total amount of cardiorespiratory exercise (e.g., brisk walk, jog, etc.) per week

Get 5 points if you performed two and a half hours or more of cardiorespiratory exercise

Get 4 points if you performed two hours of cardiorespiratory exercise

Get 3 points if you performed one and a half hours of cardiorespiratory exercise

Get 2 points if you performed one hour of cardiorespiratory exercise

Get 1 point if you performed 30 minutes of cardiorespiratory exercise

Domain totals (maximum of 10 points per domain)

Connection points: sum item numbers: 1, 3, 5, 7, 9 _____

Movement points: sum item numbers: 12, 18, 21 _____

Substance use points: sum item numbers: 6, 14, 19 _____

Recovery points: sum item numbers: 4, 8, 10, 16 _____

Nutrition points: sum item numbers: 2, 11, 13, 15, 17, 20 _____

Lifestyle score equals the sum of all five domains (50 points total): _____

Overall Lifestyle Score Interpretation		
	Interpretation	Overall Lifestyle Score
This is an opportune time to work with your provider to help you adopt habits that will significantly improve your health.	Below Average	0-20
You have some great health habits, though there is ample opportunity to improve your health and decrease your disease risk.	Average	21-30
You have many healthy habits, though there are a few areas that you should assess your habits in to see if you can improve them.	Very Good	31-40
You're doing great, though there are a few minor tweaks to your lifestyle you can make that will lead to better overall health.	Excellent	41-50