Appendix 1

Health Curve

Sex |__| Age |__|__| Group |__|__| P Nr |__|__|__|__|__|__| - |__|__|__|__|

Nr |__|__| |__|__| |__|__|__|__|__|__| Visit Nr |__|__|
C PCC Nr

DATE |__|__|__|__|__|__| ..... |__|__|
Examiner

		Low risk ←		→	High risk
		1	2	3	4
1 Physical Activity, kcal/week	|__|__|__|__|	> 2000	1000 - 2000	500 - 999	< 500
2 Food, Fat |__|__|__| Fibre |__|__|	Dietary points |__|__|	3 - 5	6 - 8	9 - 11	
3 Alcohol, units (glasses)/week	|__|__|__|	♂ ≤ 6 ♀ ≤ 4	7 - 13 5 - 8	14 - 18 9 - 12	> 18 > 12
4 Tobacco, ...	Cig/day |__|__| Snuffboxes/week |__|__|	0/ex	snuff	1 - 9	> 9
5 Life Situation, ...	|__|	< 2	2 - 3	4 - 5	
6 Mental Distress, ...	|__|	< 3	3 - 4	5 - 7	
7 Heredity, Diabetes, ...	|__|	0	1	≥ 2	
8 Heredity, CVD, ...	Father |__|__| Mother |__|__|	≥ 70 ≥ 75	55 - 69 60 - 74	45 - 54 50 - 59	< 45 < 50
9 Body Mass Index, kg/m^2	|__|__|__|	♂< 27 ♀< 29	27 – 36,9 29 – 38,9	≥ 37 ≥ 39	
10 Waist-Hip-Ratio	|__|__|__|	♂< 0,90 ♀< 0,78	0,90 - 0,94 0,78 - 0,82	0,95 - 0,99 0,83 - 0,87	≥ 1,00 ≥ 0,88
11 Blood Pressure, mm Hg	|__|__|__| - |__|__|__|	< 140 < 90	140 – 169 90 - 104	170 – 199 105 - 114	≥ 200 ≥ 115
12 Cholesterol, mmol/l	|__|__|__|__|	♂< 5,00 ♀< 5,00	5,00 - 6,49 5,00 - 7,09	6,50 - 9,00 7,10 - 9,00	> 9,00 > 9,00
13 Chronic Disease.....	|__|__|__|__|				

14 Weight, kg ..... |__|__|__|__|

15 Height, metre ..... |__|__|__|

16 Waist, cm ..... |__|__|__|

17 Hip, cm ..... |__|__|__|

18 LDL, mmol/l ..... |__|__|__|

19 HDL, mmol/l ..... |__|__|__|

20 Triglyc, mmol/l ..... |__|__|__|__|

21 P-glucose, ... |__|__|__|

22 γ-GT, µkat/l ..... |__|__|__|

23 Hb, g/l ..... |__|__|__|

24 fP-Glucose, g/l .... |__|__|__|

25 ..... |__|__|__|__|

Follow-up? |__|
No=1 Yes = 3

To improve 1..... |__|__|

To improve 2..... |__|__|

To improve 3..... |__|__|
FA=1, Diet=2, Alcohol=3, Tobacco=4, Life situation = 5, Distress=6, BMI=9, WHR=10, BP=11, Cholesterol=12

How 1 ..... |__|

How 2 ..... |__|

How 3 ..... |__|
FA=1, Diet=2, Alcohol=3, Tobacco=4, Life situation=5, Distress=6, Others=7

Support by 1 ..... |__|

Support by 2 ..... |__|

Support by 3 ..... |__|
No one=1, Nurse=2, Group=3, Doctor=4, Other (e.g. physiotherapist, psychologist, dietician etc.)=5

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