INSULIN RESISTANCE TEST

As part of your homework, you can deepen your knowledge about yourself and check, of course preliminarily, if you are at risk of insulin resistance. Encourage your loved ones to take the test, and if you need help completing it, ask your parents for support.

[Test based on the book: "Insulin Resistance. Healthy Diet and Healthy Living." by D. Musiałowska]

Answer the following questions:

YES NO

Do any of your close relatives have diabetes, hypertension, obesity, heart disease, or has anyone had a stroke?

Do you often have a huge craving for sweet and salty foods?

Do you often find yourself very hungry shortly after a heavy meal? For example, right after eating lunch?

Do you feel like you eat relatively healthily but your body weight is increasing?

Has your abdomen recently become rounded without significant changes in diet and physical activity?

Do you have any visible brown discolorations on your skin - mainly around the neck, neck folds, elbows, or underarms?

For menstruating girls - do you have regular periods?

Do you have overweight or obesity? (check your BMI from previous lessons)

Is your BMI above 25?

!Don't know - go back to the lesson where you did the calculations or use online calculators

Do you have thyroid problems?

Do you have high blood pressure?

Do you have elevated cholesterol levels? (if you have never been tested, it is worth considering this during your next blood test)

Do you often feel tired despite getting enough sleep, making it difficult for you to function normally during the day?

Number of YES responses ........

Number of NO responses ........

How to interpret the result?

If you answered YES at least three times, there is a risk that you are struggling with insulin resistance. It's best to discuss the result with your parents and decide together when to see a doctor. It's worth getting blood tests, which will of course be ordered by your doctor.