

# The PRESTART TOOL



## About the Tool:

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Previous research has shown that there are a number of risk factors that are linked to developing diabetes and other chronic diseases like heart disease. 'Risk' is the chance of getting something either now or in the future. A risk factor is something that increases this risk. A number of these can be found in young people. This offers the opportunity to find these young people who are at more risk and try and change their long-term health outcomes i.e. prevent them developing heart disease.

We have conducted a study to try and identify which of these risk factors or combinations of risk factors are most important when trying to find young people at risk. We have created this tool to identify young people who have a number of important risk factors linked to these poor health outcomes.



Your child will be considered to be at high risk if you answer yes to the question in Section 1 and to at least one question in Section 2

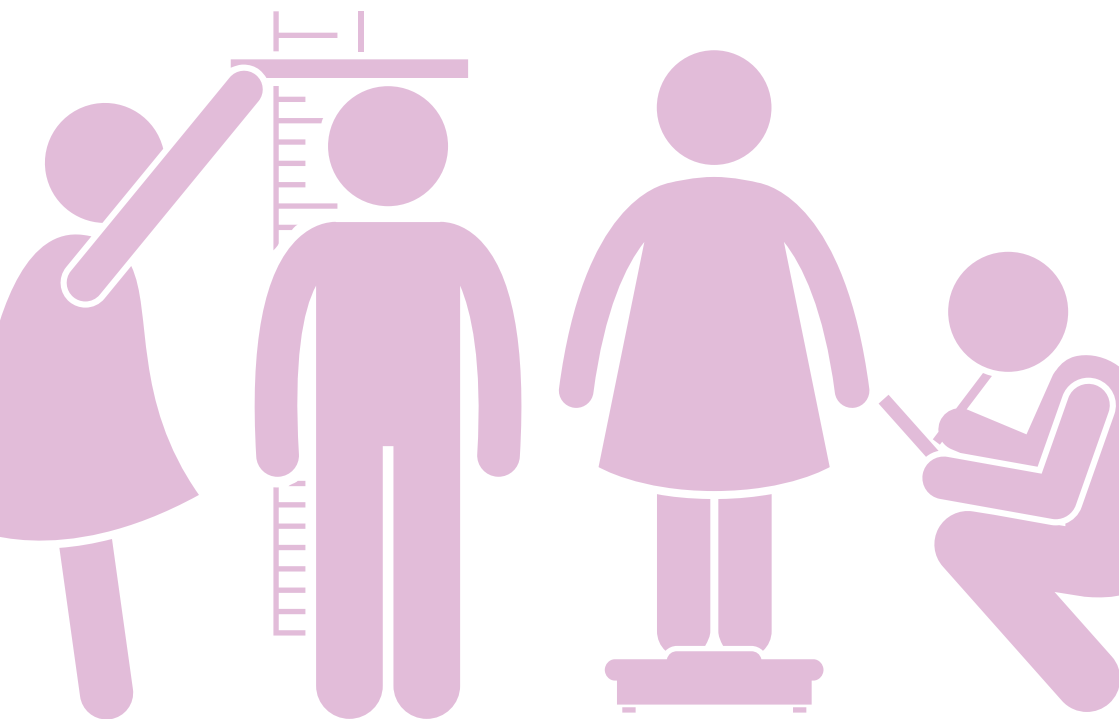
## Section 1: Overweight

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Is your child's body mass index (BMI) above the 85th percentile?

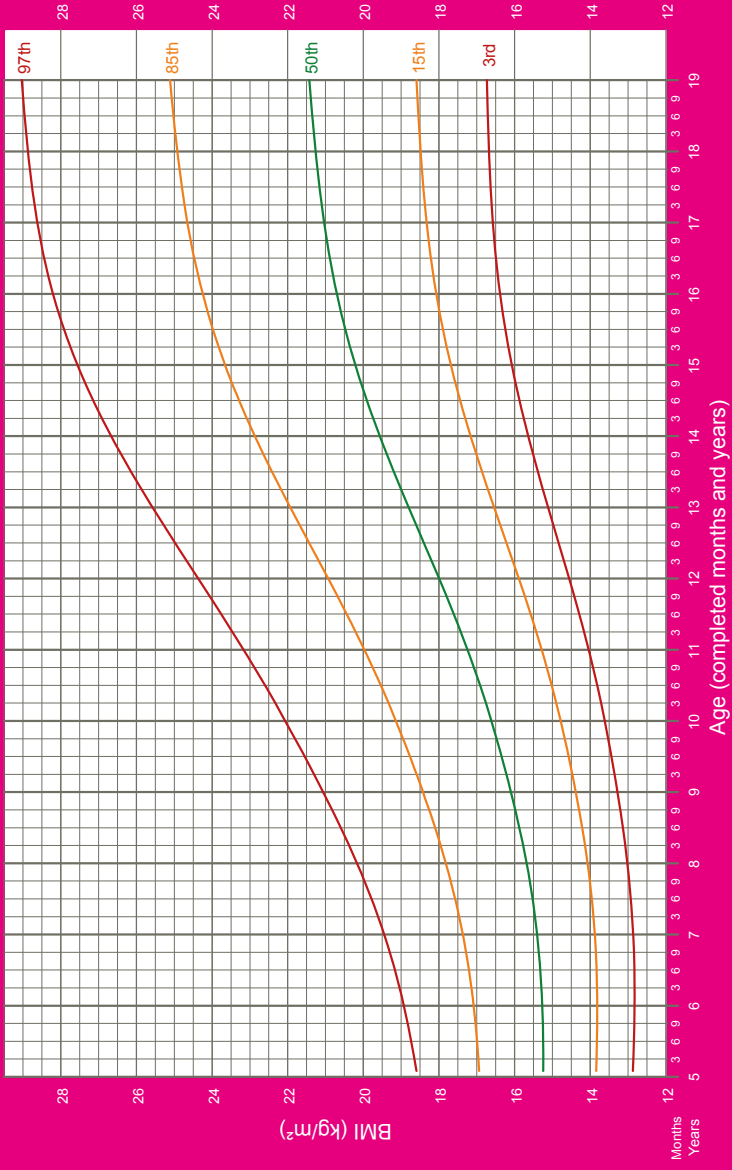
Yes  No

Please use the charts and instructions provided to answer this question



# BMI-for-age GIRLS

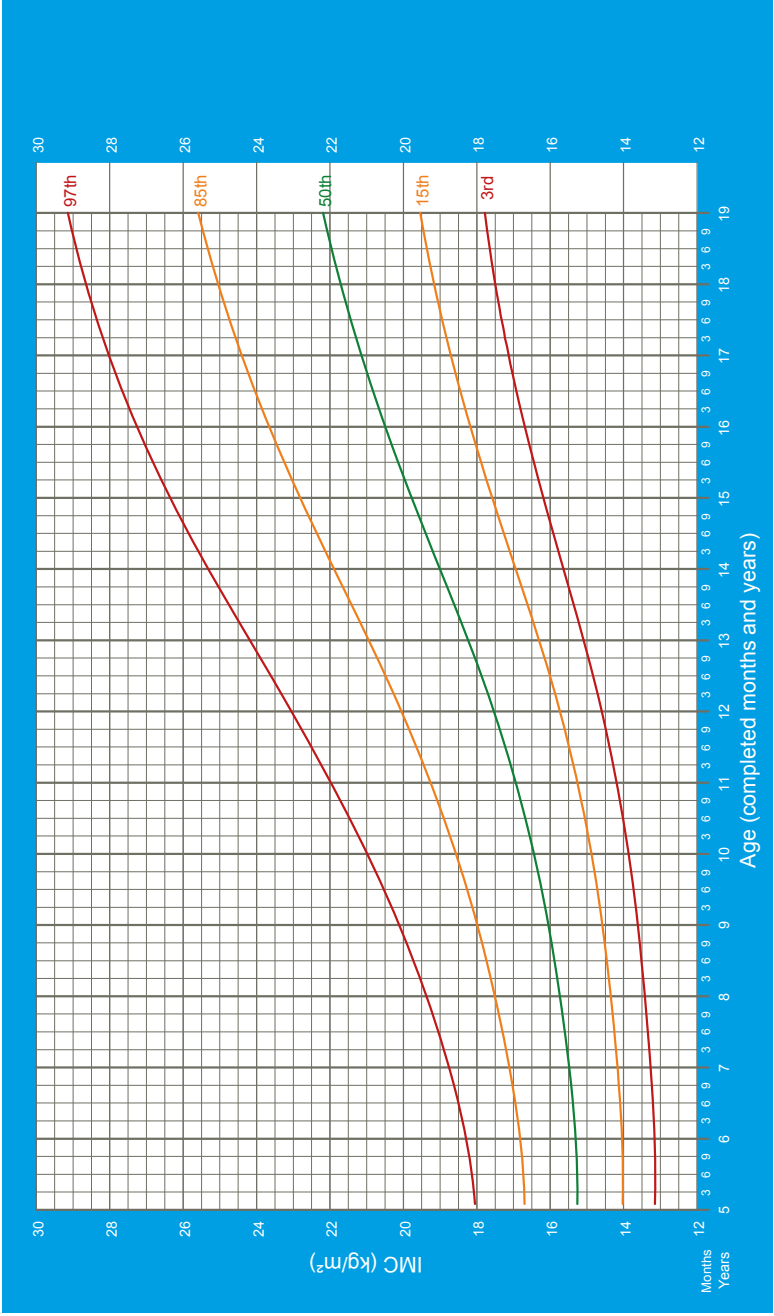
5 to 19 years (percentiles)



Source: Adapted from WHO

# BMI-for-age BOYS

5 to 19 years (percentiles)



Source: Adapted from WHO

## Section 2: Other risk factors

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Look at the table below and find your child's age and gender. Measure their waist circumference. Is the result higher than the measurement given in the table?

Yes  No

For example if your son is 12 and his waist measurement is 85 cm please answer YES.

Gender	Male	Female
Age	Measurement (cm)	Measurement (cm)
12	84.5	81.2
13	87.9	84.1
14	91.3	86.9

Does your child watch TV/play computer games for more than 2 hours a day?

Yes  No

Does your child do less than 60 minutes of physical activity three times a week?

Yes  No

Does your child eat less than 5 portions of fruit or vegetables a day?

Yes  No

Does your child have a family history of diabetes? (Close blood relatives: mother, father, sister, brother, aunt, uncle, grandparent)

Yes  No

Does your child have a high sugar intake?

Yes  No

For example more than 1.5 cans (or 532mls) of fizzy pop/ fruit juice a day?

Was your child never fed on breast milk?

Yes  No

Is either parent/guardian obese? Defined as having a BMI greater than 30kg/m<sup>2</sup> if White European or 27kg/m<sup>2</sup> for other ethnicity which can be calculated using the BMI calculator included? [Please see BMI calculator over the page](#)

Yes  No

# BMI Table for Adults

	Normal						Overweight					Obese						
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
Height (inches)												Body Weight (pounds)						
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295

			Extreme Obesity														
37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.




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