THE BODY NURSE
STRONGER FROM WITHIN

DO YOU HAVE INSULIN RESISTANCE?

A QUICK SELF-ASSESSMENT



HOW IT WORKS

Answer each question honestly.
Choose A, B or C for each question and add up your points.

- A = 0 POINTS
- B = 1 POINT
- C = 2 POINTS

1 How would you describe your weight?
- A Healthy weight for your height
- B Slightly overweight
- C Carry most of my weight around my stomach

2 After eating a meal high in carbohydrates (bread, pasta, rice, sweets), you usually...
- A Feel satisfied for hours
- B Feel hungry again within 2–3 hours
- C Feel sleepy, sluggish or crave more sugar

3 How often do you crave sugary foods?
- A Rarely
- B Sometimes
- C Every day or several times a day

4 Do you struggle to lose weight despite trying?
- A No
- B Occasionally
- C Yes, it feels almost impossible

5 How is your energy throughout the day?
- A Fairly steady
- B I have afternoon slumps
- C I constantly feel tired and rely on caffeine or sugar

6 Has a doctor ever told you that you have...
- A None of these
- B Prediabetes or gestational diabetes
- C Type 2 diabetes or metabolic syndrome

7 Do you have any of these conditions?
- A None
- B High blood pressure or high cholesterol
- C PCOS, fatty liver disease, sleep apnoea or obesity

8 Where do you mainly store body fat?
- A Evenly
- B Around hips and thighs
- C Mostly around my stomach (apple shape)

9 After eating carbohydrates you often...
- A Feel normal
- B Feel bloated
- C Feel sleepy, foggy or hungry again soon after

10 How active are you?
- A Exercise most days
- B 1–2 days per week
- C Rarely exercise

11 Do you have a close family member with...
- A None of these
- B Type 2 diabetes
- C Multiple family members with Type 2 diabetes, obesity or heart disease

12 Have you noticed any of these?
- A None
- B Skin tags OR dark patches around the neck/armpits
- C Both skin tags AND dark velvety skin patches (acanthosis nigricans)

YOUR RESULTS – ADD UP YOUR POINTS

0 – 5 POINTS
Low Risk

Your current lifestyle suggests a lower risk of insulin resistance.

Continue prioritising whole foods, regular movement and maintaining a healthy weight.

6 – 11 POINTS
Moderate Risk

You may be developing insulin resistance.

This is the ideal time to make changes, as insulin resistance is often reversible with healthy lifestyle habits.

12 – 18 POINTS
High Risk

You have several features commonly associated with insulin resistance.

Now is the perfect time to discuss testing with your healthcare provider and begin making changes to improve your metabolic health.

19 – 24 POINTS
Very High Risk

You have many of the common signs associated with insulin resistance.

It's important to arrange a medical check-up, particularly if you haven't had recent blood tests. The good news is that lifestyle changes can significantly improve insulin sensitivity.

THE MOST IMPORTANT TEST

FASTING INSULIN – DON'T JUST CHECK BLOOD SUGAR.

Most routine health checks only measure blood glucose or HbA1c. These tests often stay normal for years while your body is already producing too much insulin.

A fasting insulin blood test can detect elevated insulin levels long before blood sugar becomes abnormal, helping identify insulin resistance at an earlier stage.

High insulin is often the first warning sign.
High blood sugar usually develops later.

HIGH INSULIN (early warning sign) → HIGH BLOOD SUGAR (develops later)

Early detection = more time to take control.

ASK YOUR DOCTOR ABOUT THESE TESTS

- **Fasting Insulin** — One of the earliest indicators of insulin resistance.
- **Fasting Blood Glucose** — Measures your current blood sugar level.
- **HbA1c** — Shows your average blood sugar over the past 2–3 months.
- **HOMA-IR** — Calculated from fasting insulin and glucose.
- **Lipid Profile** — Checks cholesterol and triglyceride levels.
- **Liver Function Tests** — Important as fatty liver often accompanies insulin resistance.
- **Waist Circumference & Blood Pressure** — Key indicators of metabolic health and risk.

IMPORTANT

This questionnaire is designed to estimate your likelihood of insulin resistance.

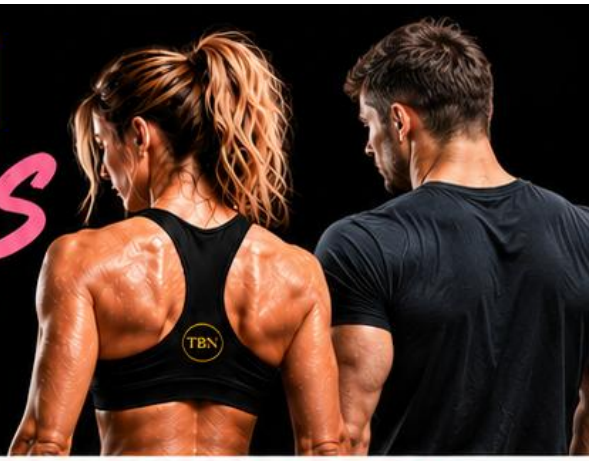
It is not a medical diagnosis. Only your healthcare provider can diagnose insulin resistance or diabetes using your medical history, examination and appropriate blood tests.

TBN • *Knowledge is power.* • ACTION CHANGES LIVES. • *Your future self is counting on you.*

THE BODY NURSE
STRONGER FROM WITHIN

YOUR NEXT STEPS

FROM AWARENESS TO ACTION



Your result isn't a diagnosis – it's a starting point.
If your answers suggest you may be at risk of insulin resistance, here's what you can do next.

1 KNOW YOUR NUMBERS

TAKE THIS CHECKLIST TO YOUR GP

These tests can help identify insulin resistance early and assess your overall metabolic health. Your healthcare provider can determine which tests are appropriate for you.

- ☐ **Fasting insulin**
  One of the earliest indicators of insulin resistance
- ☐ **Fasting blood glucose**
  Measures your current blood sugar level
- ☐ **HbA1c**
  Shows your average blood sugar over 2–3 months
- ☐ **Lipid profile**
  Checks cholesterel and triglyceride levels
- ☐ **Liver function tests**
  Important as fatty liver often accompanies insulin resistance
- ☐ **Blood pressure**
- ☐ **Waist circumference**
  Key indicator of metabolic health and risk
- ☐ **Discuss HOMA-IR**
  Calculated from fasting insulin and glucose (if appropriate)

2 START WITH THESE 5 HABITS

SIMPLE CHANGES CAN MAKE A BIG DIFFERENCE



CUT BACK ON ADDED SUGAR

Start with soft drinks, sweets, desserts and heavily sweetened foods. Read labels and look out for hidden sugars.



BUILD MEALS AROUND PROTEIN

Protein helps with fullness, maintains muscle and can support better blood sugar control.



CHOOSE YOUR CARBS WISELY

Reduce highly refined carbohydrates and prioritise minimally processed, fibre-rich foods where appropriate.



MOVE EVERY DAY

Walking, resistance training and simply being less sedentary all count. Aim for at least 30 minutes a day and include strength training a few times a week.



PRIORITISE SLEEP

Poor sleep can affect appetite, hormones, blood sugar regulation and your overall metabolic health. Aim for 7–9 hours per night.

3 YOUR 14-DAY STARTING PLAN

SMALL, CONSISTENT STEPS CAN LEAD TO BIG RESULTS

For the next 14 days, focus on:

- ☐ Remove sugary drinks (soft drinks, juice, energy drinks)
- ☐ Reduce added sugar in food and drinks
- ☐ Include a good source of protein with each meal
- ☐ Walk for at least 30 minutes most days
- ☐ Add 2–3 resistance training sessions per week
- ☐ Aim for a consistent sleep routine
- ☐ Track your cravings, hunger, energy and how you feel

DON'T AIM FOR PERFECT. *Aim for consistent.*

- ✓ More stable energy
- ✓ Fewer cravings
- ✓ Better weight control
- ✓ Improved mood
- ✓ Better blood sugar control
- ✓ Improved metabolic health

TRACK YOUR PROGRESS

Consider tracking these each week:

- ☐ Weight
- ☐ Waist circumference
- ☐ Energy levels
- ☐ Cravings (0–10)
- ☐ Sleep quality
- ☐ Mood
- ☐ How your clothes fit
- ☐ Any changes in symptoms

4 READY TO TAKE THE NEXT STEP?

If you believe you may have insulin resistance, I strongly recommend trying one of my programs.

My programs are tailored to help improve insulin sensitivity and support the lifestyle changes needed for better metabolic health, including reducing added sugar, improving food choices, increasing movement and building sustainable habits.

NOT SURE WHERE TO START?

Try my 14-Day Sugar Cravings Reset.

A simple and effective starting point to help reduce sugar cravings, regain control of your eating, habits and get back on track.



ONE-TIME PAYMENT
LIFETIME ACCESS

EASY TO FOLLOW | DELICIOUS LOW CARB RECIPES | AT-HOME WORKOUTS | MINDSET SUPPORT | SUITABLE FOR BUSY PEOPLE

EXPLORE MY PROGRAMS
thebodynurse.com.au

This resource is for general education and screening purposes only and does not diagnose insulin resistance, prediabetes or diabetes. Please speak with your healthcare professional about your individual risk factors, symptoms and appropriate testing.