



Sensible-Alternative

Naturopathic Clinic

Insulin Resistance Quiz

Waist/hip ratio >1.0 (men) or >0.8 (women) (apple shaped obesity)	20	
High cholesterol	10	
High triglycerides	10	
High blood pressure	10	
Family history of adult onset diabetes	20	
Family history of death by heart attack or stroke	20	
Polycystic ovarian syndrome	20	
History of gestational diabetes	20	
Fatty liver/ elevated liver enzymes	10	
Fatigue	5	
Cravings for bread or sugar	10	
Male pattern hair loss in women	5	
Underactive thyroid function	5	
Infrequent periods	5	
Fluid retention	5	
Skin tags	10	
Brown, velvety skin discolouration on neck or skin folds	20	
Shortness of breath	10	
PMS	5	
Fibrocystic breasts	5	
Breast cancer or prostate cancer	5	

Total		
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Score: 0-40 – Normal
Score: 40-200 – Insulin Resistance
Score: 100-200 – Severe Insulin Resistance

Read Sensible News 17 at
www.sensible-alternative.com.au
for more information about
Insulin Resistance

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