Body Mass Index

Weight (kilograms) \ Height (metres)	1.47	1.5	1.53	1.56	1.59	1.62	1.65	1.68	1.71	1.74	1.77	1.8	1.83	1.86	1.89	1.92	1.95	Weight (pounds)
136	63	60	58	56	54	52	50	48	47	45	43	42	41	39	38	37	36	300
134	62	60	57	55	53	51	49	47	46	44	43	41	40	39	38	36	35	295
132	61	59	56	54	52	50	48	47	45	44	42	41	39	38	37	36	35	291
130	60	58	56	53	51	50	48	46	44	43	41	40	39	38	36	35	34	287
128	59	57	55	53	51	49	47	45	44	42	41	40	38	37	36	35	34	282
126	58	56	54	52	50	48	46	45	43	42	40	39	38	36	35	34	33	278
124	57	55	53	51	49	47	46	44	42	41	40	38	37	36	35	34	33	273
122	56	54	52	50	48	46	45	43	42	40	39	38	36	35	34	33	32	269
120	56	53	51	49	47	46	44	43	41	40	38	37	36	35	34	33	32	265
118	55	52	50	48	47	45	43	42	40	39	38	36	35	34	33	32	31	260
116	54	52	50	48	46	44	43	41	40	38	37	36	35	34	32	31	31	256
114	53	51	49	47	45	43	42	40	39	38	36	35	34	33	32	31	30	251
112	52	50	48	46	44	43	41	40	38	37	36	35	33	32	31	30	29	247
110	51	49	47	45	44	42	40	39	38	36	35	34	33	32	31	30	29	243
108	50	48	46	44	43	41	40	38	37	36	34	33	32	31	30	29	28	238
106	49	47	45	44	42	40	39	38	36	35	34	33	32	31	30	29	28	234
104	48	46	44	43	41	40	38	37	36	34	33	32	31	30	29	28	27	229
102	47	45	44	42	40	39	37	36	35	34	33	31	30	29	29	28	27	225
100	46	44	43	41	40	38	37	35	34	33	32	31	30	29	28	27	26	220
98	45	44	42	40	39	37	36	35	34	32	31	30	29	28	27	27	26	216
96	44	43	41	39	38	37	35	34	33	32	31	30	29	28	27	26	25	212
94	44	42	40	39	37	36	35	33	32	31	30	29	28	27	26	25	25	207
92	43	41	39	38	36	35	34	33	31	30	29	28	27	27	26	25	24	203
90	42	40	38	37	36	34	33	32	31	30	29	28	27	26	25	24	24	198
88	41	39	38	36	35	34	32	31	30	29	28	27	26	25	25	24	23	194
86	40	38	37	35	34	33	32	30	29	28	27	27	26	25	24	23	23	190
84	39	37	36	35	33	32	31	30	29	28	27	26	25	24	24	23	22	185
82	38	36	35	34	32	31	30	29	28	27	26	25	24	24	23	22	22	181
80	37	36	34	33	32	30	29	28	27	26	26	25	24	23	22	22	21	176
78	36	35	33	32	31	30	29	28	27	26	25	24	23	23	22	21	21	172
76	35	34	32	31	30	29	28	27	26	25	24	23	23	22	21	21	20	168
74	34	33	32	30	29	28	27	26	25	24	24	23	22	21	21	20	19	163
72	33	32	31	30	28	27	26	26	25	24	23	22	21	21	20	20	19	159
70	32	31	30	29	28	27	26	25	24	23	22	22	21	20	20	19	18	154
68	31	30	29	28	27	26	25	24	23	22	22	21	20	20	19	18	18	150
66	31	29	28	27	26	25	24	23	23	22	21	20	20	19	18	18	17	146
64	30	28	27	26	25	24	24	23	22	21	20	20	19	18	18	17	17	141
62	29	28	26	25	25	24	23	22	21	20	20	19	19	18	17	17	16	137
60	28	27	26	25	24	23	22	21	21	20	19	19	18	17	17	16	16	132
58	27	26	25	24	23	22	21	21	20	19	19	18	17	17	16	16	15	128
56	26	25	24	23	22	21	21	20	19	18	18	17	17	16	16	15	15	123
54	25	24	23	22	21	21	20	19	18	18	17	17	16	16	15	15	14	119
52	24	23	22	21	21	20	19	18	18	17	17	16	16	15	15	14	14	115
50	23	22	21	21	20	19	18	18	17	17	16	15	15	14	14	14	13	110
48	22	21	21	20	19	18	18	17	16	16	15	15	14	14	13	13	13	106
46	21	20	20	19	18	18	17	16	16	15	15	14	14	13	13	12	12	101
Height (inches)	58	59	60	61	63	64	65	66	67	69	70	71	72	73	74	76	77	

OBESE ≥ 30 (includes Class I, II, III)

OVERWEIGHT 25.0 - 29.9

NORMAL 18.5 - 24.9

UNDERWEIGHT < 18.5

BRITISH COLUMBIA MEDICAL ASSOCIATION

BRITISH COLUMBIA
Ministry of Health

DIABETES PATIENT CARE FLOW SHEET

NAME OF PATIENT

PHN

RELEVANT COMORBID CONDITIONS

YEAR OF DIAGNOSIS

TYPE OF DIABETES

		GUIDELINES	PROCEDURE	(DATE) →					
3 TO 6 MONTHS	GLYCEMIC CONTROL	Fasting or pre-meal glucose level 4-7; 2 hrs after meal 5-10	Review blood glucose records (✔ WHEN DONE) →						
		Target <7.0%	A1C (RECORD VALUE) →						
		Diabetes medications	(RECORD MED CHANGE) →						
	HYPER-TENSION	Target ≤ 130/80	BP (RECORD VALUE) →						
			BP medications (RECORD MED CHANGE) →						
	OTHER	Target body mass index (BMI): 18.5 - 24.9	kg/m^2 (RECORD VALUE) →						
		Vascular protection	Stop smoking; lower stress; proper diet; activity 2.5 hrs/wk (✔ WHEN DONE) →						
ANNUALLY AND/OR AS INDICATED	LIPIDS	Calculated 10-yr CHD Risk Level (if available)							
		Fasting lipid profile — targets: Ratio < 4.0 (High Risk) < 5.0 (Moderate)	Ratio (TC/HDL) (RECORD VALUE) →						
		LDL < 2.5 High Risk; < 3.5 Moderate	LDL (RECORD VALUE) →						
			Lipid lowering meds (RECORD MEDS) →						
	METER	Meter within 20% of simultaneous lab value	Fasting glucose meter/lab comparison (✔ WHEN DONE) →						
	EYES	Dilated eye exam	Opthalmologist/ Optometrist (✔ WHEN DONE) →						
	RENAL	Screen for nephropathy — ACR Target < 2.0 M: < 2.8 F	ACR albumin: creatinine ratio (RECORD VALUE) →						
			eGFR (RECORD VALUE) →						
	NEUROPATHY	Foot care	Lower extremity exam (✔ WHEN DONE) →						
		Check for peripheral anesthesia	Test for loss of sensation with 10g monofilament or 128 Hz tuning fork						
		Check for symptoms or findings such as pain, erectile dysfunction, gastrointestinal disturbance	(✔ WHEN DONE) →						
	SELF MANAGEMENT	People with diabetes need the support of an interdisciplinary team	• Assess & discuss self-management challenges • Offer diabetes/risk management education (✔ WHEN DONE) →						
		Vaccinations: Last pneumococcal vaccine: YYYY MM DD	Date of annual influenza vaccine →						