

Insulin Resistance Levels Chart

Note: Insulin Resistance Levels Chart would require specific reference ranges provided by a laboratory or medical institution, as they can vary depending on the testing method and established standards.

Age Group	Normal Range ($\mu\text{IU/mL}$)	Elevated Range ($\mu\text{IU/mL}$)
20-30	2.6 - 10.6	> 10.6
31-40	2.6 - 10.6	> 10.6
41-50	2.6 - 10.6	> 10.6
51-60	2.6 - 10.6	> 10.6
61-70	2.6 - 10.6	> 10.6
71 and above	2.6 - 10.6	> 10.6

Note: All the factors outlined in the chart can impact insulin resistance. The greater the number of these factors that are present, the higher the likelihood that an individual may experience insulin resistance.

Factor	Effect on Insulin Resistance
Age	Increases
Weight	Increases with increasing weight and waist circumference
Physical activity	Decreases with regular physical activity
Diet	A diet high in processed foods, sugary drinks, and unhealthy fats can increase insulin resistance
Family history	People with a family history of type 2 diabetes or other metabolic disorders are more likely to develop insulin resistance
Medical conditions	Certain medical conditions, such as polycystic ovary syndrome (PCOS) and Cushing's syndrome, can also increase insulin resistance

Patient Name:

Age:

Date Tested:

Results:

Interpretation:

Clinical Insights:

Dietary Recommendations:

Progress Tracking:

Date:

Progress:

Date:

Progress:

Date:

Progress:

Date:

Progress:

Notes and Recommendations: