

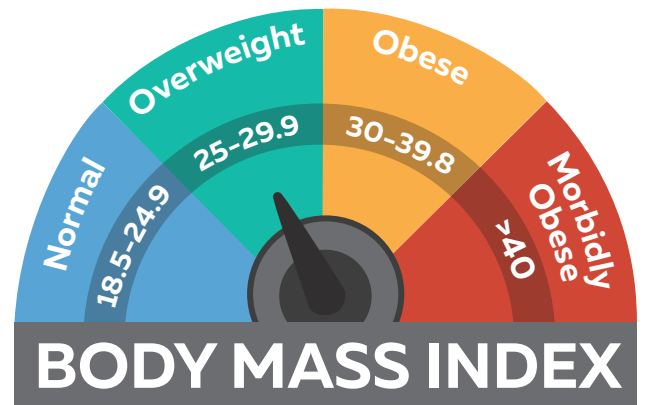
# Know Your Health Numbers

Your health numbers can tell you about your risk for chronic disease such as diabetes and heart disease. Learn these numbers so you can take steps to reduce your risk:

- blood sugar lab values
- blood pressure
- waist measurement
- lipid levels
- body mass index (BMI)

## Don't Miss the Signals

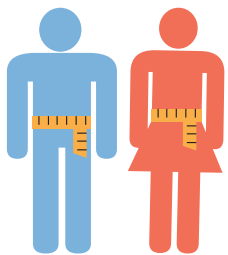
	Fasting Blood Sugar (Glucose)	A1c Level
<b>Diabetes</b>	126 or higher	6.5 or higher
<b>Prediabetes</b>	101 - 125	5.7 - 6.4
<b>Normal</b>	100 or lower	5.6 or lower



Approximately **1** OUT OF **3** people with diabetes may be undiagnosed. Get tested, and ask your health care provider to explain the results.

## Listen to Your Waistline

You are at higher risk if you are a:



**MAN WITH WAIST MORE THAN 40 INCHES.**

**NON-PREGNANT WOMAN WITH WAIST MORE THAN 35 INCHES.**

### To measure waist circumference:

- Stand and place a tape measure around your middle, just above your belly button.
- Make sure tape is horizontal around the waist.
- Exhale, keeping the tape snug around the waist, but not compressing the skin.
- Take the measurement of the waist to the nearest 1/4 inch.

## Don't Let Your Blood Pressure Erupt

Blood Pressure Category for Adults	Systolic mmHg (upper number)	Diastolic mmHg (lower number)
<b>Hypertensive Crisis</b> <i>Consult your doctor immediately!</i>	<b>Higher than 180</b>	<b>Higher than 120</b>
<b>High Blood Pressure</b> Hypertension Stage 2	<b>140 or higher</b>	<b>90 or higher</b>
<b>High Blood Pressure</b> Hypertension Stage 1	<b>130 - 139</b>	<b>80 - 89</b>
<b>Elevated</b>	<b>120 - 129</b>	<b>Less than 80</b>
<b>Normal</b>	<b>Less than 120</b>	<b>Less than 80</b>

## What Do Your Lipid Numbers Mean?

Everyone age 20 and older should have their cholesterol measured at least once every 5 years. It is best to have a blood test called a “lipoprotein profile” to find out your numbers. This blood test is done after a 9- to 12-hour fast and gives information about your:

- **Total Lipid**
- **LDL (bad) Lipid** - the main source of Lipid buildup and blockage in the arteries
- **HDL (good) Lipid** - helps keep Lipid from building up in the arteries
- **Triglycerides** - another form of fat in your blood

If it is not possible to get a lipoprotein profile done, knowing your total Lipid and HDL cholesterol can give you a general idea about your cholesterol levels. See how your lipid numbers compare to the tables below.

TOTAL CHOLESTEROL LEVEL	CATEGORY
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline high
240 mg/dL and above	High
LDL CHOLESTEROL LEVEL	LDL CHOLESTEROL CATEGORY
Less than 100 mg/dL	Optimal
100-129 mg/dL	Near optimal/above optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very high
TRIGLYCERIDES	TRIGLYCERIDES LEVEL
Less than 150 mg/dL	Normal
150-199 mg/dL	Borderline
200-499 mg/dL	High
500 mg/dL and above	Very high

Elevated triglycerides can also raise heart disease risk. Levels 150 mg/dL or more may need medical management. HDL (good) cholesterol protects against heart disease, so for HDL, higher numbers are better. A level less than 40 mg/dL is considered a major risk factor because it increases your risk for developing heart disease. HDL levels of 60 mg/dL or more help to lower your risk for heart disease.

## What Affects Lipid Levels?

**A variety of things can affect lipid levels. These are things you can do something about:**

- **Diet.** Saturated fat and cholesterol in food you eat make your blood Lipid level go up. Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and Lipid in your diet helps lower your blood Lipid level. Sugar and alcohol can affect triglycerides level.
- **Weight.** Being overweight is a risk factor for heart disease. It can increase your cholesterol and triglycerides. Losing weight can help lower your LDL and total cholesterol levels, as well as raise your HDL and lower your triglyceride levels.
- **Physical Activity.** Not being physically active is a risk factor for heart disease. Regular physical activity can help lower triglyceride levels, LDL (bad) cholesterol and raise HDL (good) Lipid levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most days.

**Things you cannot do anything about also can affect cholesterol and triglyceride levels. These include:**

- **Age and Gender.** As women and men get older, their Lipid levels rise. Before the age of menopause, women have lower total cholesterol levels than men of the same age. After the age of menopause, women’s LDL levels tend to rise. Neither age nor gender impact triglyceride levels.
- **Heredity.** Your genes partly determine how much Lipid your body makes. High blood cholesterol and triglycerides can run in families.