LEARN YOUR NUMBERS

There are a lot of important numbers you should know when it comes to your health.

KNOW IF YOU'RE AT RISK

At each visit to the doctor, write down the numbers your doctor finds for each of the categories below. These numbers will help you monitor your levels of LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides, all of which are indicators of your overall health. Talk to your doctor about what your target numbers should be.

KEEP TRACK OF CHANGES IN HEALTH					
DATE	BLOOD PRESSURE	LDL	HDL	TRIGLYCERIDES	BLOOD SUGAR
	/				
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NUMBER STANDARDS

Blood pressure
140/90 or greater = high risk
120/80 – 140/90 = risk
120/80 or lower = best

HDL (good) cholesterol
60 or greater = best
40 – 60 = average
Lower than 40 = high risk

Blood sugar
125 or greater = high risk
100 – 125 = risk
Lower than 100 = best

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YOUR BMI AND WAISTLINE ARE VITAL SIGNS

Your Body Mass Index (BMI) is one indicator of your health. Talk to your doctor about your BMI and what you can do to improve your number and your health.

KEEP TRACK OF YOUR WAISTLINE AND BMI			
DATE	WAIST CIRCUMFERENCE	WEIGHT	BMI

NUMBER STANDARDS

Body Mass Index standards
30 or greater = obese
24.9 – 30 = overweight
18.5 – 24.9 = normal weight
Less then 18.5 = underweight

Figure out your BMI

$$\text{BMI}_{(kg/m^2)} = \frac{(\text{weight in pounds} \times 703)}{\text{height in inches}^2}$$

Example:

$$\text{BMI} = \frac{(140\text{lbs} \times 703)}{64^2}$$

$$= \frac{(98420)}{4096}$$

BMI = **24**

Keep an eye on your waistline
Your waist circumference is an indicator of abdominal fat. A larger waist increases your risk for type 2 diabetes, high blood pressure, high cholesterol and heart disease.

Determine your waist circumference by placing a measuring tape snugly around your waist, level with your navel.

Health risks increase with a waist circumference of:
More than 40 inches (102 cm) for men.
More than 35 inches (88 cm) for women.

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