



## Know Your Numbers

Although good nutrition and a stable exercise routine are important in health, it is equally important to get your health risks assessed during checkups and screenings. But what good do these precautions do if you don't understand the numbers behind the madness? Knowing the basics about blood pressure, cholesterol, BMI, waist circumference and glucose levels can give you a huge head start to making healthy lifestyle changes and even more importantly, can help you avoid or control serious health problems. Keep in mind, if you already have health problems like heart disease or diabetes, these numbers might not be realistic.

**Blood Pressure:** Blood pressure is the force of blood against the walls of arteries.

- Normal blood pressure 120/80 and below
- Pre-hypertension 120/80 – 139/89
- Hypertension 140/90 and above

**Cholesterol:** Cholesterol is a fat-like nutrient found in the bloodstream. Your body produces the cholesterol needed, so when we take in more through our diet, our cholesterol levels rise. There is good and bad cholesterol. High levels of bad cholesterol can damage the arteries.

- *LDL (bad cholesterol)*
  - Optimal 100 and lower
  - Near optimal 100 – 129
  - Borderline high 130 – 159
  - High 160 – 189
  - Very high 190 and above
- *HDL (good cholesterol)* \*note: it is good to be higher in this category
  - Low 40 and below
  - High 60 and above
- *Total cholesterol*
  - Desirable 200 and below
  - Borderline high 200 – 239
  - High 2240 and above
- *Triglycerides*
  - Normal 150 and below
  - Borderline high 150 – 199
  - High 200 – 499
  - Very high 500 and above



**Glucose:** Glucose is the sugar in our blood and our body's main source of energy.

- Average 60 – 100 mg/dl
- Pre-diabetic 101 – 125 mg/dl
- Diabetic 126 and above

**HbA1C:** This is an average of your blood glucose over 90 days.

- Non-diabetic average 4 – 5.9 %
- Diabetic in control 6.5 %
- High risk of hypoglycemia 7.5 %

**BMI:** A measure of body fat based on your height and weight. But this doesn't account for the muscle mass to fat ratio that varies intensely between people. A very muscular person may be considered "overweight" when in reality they are very healthy. That is why waist circumference is also taken.

- Underweight 18.5 and below
- Normal weight 18.5 – 24.9
- Overweight 25 – 29.9
- Obese 30 and above

**Waist Circumference:** This measurement is taken at the narrowest part of the torso, 1 -2 inches above the navel. This is an indirect indicator of intra-abdominal fat. It is strongly correlated to heart disease.

- Females 35 inches and below
- Males 40 inches and below

**For more information regarding nutrition and exercise plans, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or [Sharon.Rateike@forthc.com](mailto:Sharon.Rateike@forthc.com).**

