



## DO YOU KNOW YOUR NUMBERS?

If you're trying to eat healthier foods and getting in a little more exercise, good for you! Now there's one more thing to do to assure a healthier life: know your numbers — not just your height and weight, but also your cholesterol, blood glucose and blood pressure.

Elevated LDL cholesterol, high blood glucose levels and high blood pressure are all very treatable and can be controlled. Early diagnosis and management can help you stay healthy and live a long, productive life.

### Sources

#### Cholesterol

- <https://www.acc.org/guidelines/hubs/blood-cholesterol>

#### Blood Glucose

- [https://care.diabetesjournals.org/content/42/Supplement\\_1](https://care.diabetesjournals.org/content/42/Supplement_1)

#### Blood Pressure

- <https://www.ahajournals.org/doi/full/10.1161/HYP.0000000000000065>

#### Body Mass Index

- [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/eat/calories](https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/calories)
- <https://www.choosemyplate.gov/snapshot-2015-2020-dietary-guidelines-americans#recommendations>

## Body Mass Index (BMI)

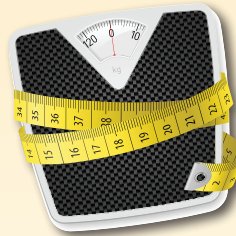
### BMI Categories:

Underweight = Below 18.5

Normal Weight = 18.5-24.9

Overweight = 25.0-29.9

Obese = 30.0 and above



To calculate your BMI, you can visit [www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc](http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc) and plug in your height and weight.

### Diet and exercise tips to maintain a healthy weight:

- Eat a balanced diet consisting of the following:
  - A variety of vegetables such as leafy greens, carrots, bell peppers and legumes (beans and peas)
  - Fresh whole fruits
  - Whole grains
  - Fat-free or low-fat dairy, including milk, yogurt, cheese and/or fortified soy beverages
  - Proteins, including seafood, lean meats, poultry, eggs, legumes, nuts, seeds and soy products
- Limit your sodium, saturated fat and added sugar intake
- Control portion sizes and aim for a calorie goal that is specific to you (Go to [www.choosemyplate.gov/MyPlatePlan](http://www.choosemyplate.gov/MyPlatePlan) to find your target)
- Aim for 150-300 minutes of moderate to intense physical activity spread throughout the week
- Those who aim to have greater weight loss may require lower calorie goals and more physical activity



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## Cholesterol Blood Glucose Blood Pressure

Early diagnosis and management can help you stay healthy and live a long, productive life.



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## Cholesterol

200 

### Goals to Prevent Heart Disease:

Total cholesterol <200 mg/dL  
LDL (bad) cholesterol <100 mg/dL  
HDL (good) cholesterol >60 mg/dL  
Total Cholesterol/HDL Ratio <4.5  
Triglycerides <150 mg/dL

High cholesterol levels can lead to heart disease - a leading cause of death in the United States. The body produces two types of cholesterol: LDL, known as "bad" cholesterol because it is more likely to clog arteries and cause heart disease, and HDL, known as "good" cholesterol because it protects against forming dangerous blockages in the arteries that can lead to heart disease. Many factors, including heredity, diet, smoking and physical activity, can influence your blood cholesterol numbers. Cholesterol level goals may vary person to person. It is important to talk with your doctor to discuss your personal goals.

### The following groups should be screened:

- Adults over 20 years of age
- Adults who have any of the following heart disease risk factors:
  - Family history of high cholesterol or premature heart disease (before age 55 in men; before age 60 in women)
  - A history of smoking or currently smoking
  - High blood pressure
  - Diabetes

## Blood Glucose

100 

### Goals to Reduce the Risks of Diabetes:

Plasma blood glucose levels before eating:  
70-100 mg/dL  
Plasma blood glucose levels after eating:  
no higher than 180 mg/dL

Diabetes is currently at epidemic proportions in the U.S., with more than 7% of the population having this condition. Diabetes is most often associated with older age, obesity, family history of diabetes, previous history of pregnancy related diabetes, physical inactivity and certain ethnicities.

Almost everyone knows someone who has diabetes, yet about a third of the people with diabetes don't know they have it. Those who fit into the pre-diabetes criteria (three readings between 100-125 or an A1C of 5.7-6.4) are at an increased risk for diabetes and cardiovascular disease. Early detection and treatment can help to prevent or delay damage to the heart, kidneys, nerves, blood vessels or eyes.

### HbA1C

- A1C (also known as HbA1C) is a test your healthcare provider conducts to let you know how you've done at controlling your blood glucose during the past three months.
- The American Diabetes Association recommends an A1C target of 6.5% or less for diabetics and <5.7% for non-diabetics.
- **A1C should be measured if you have a BMI greater than 25 AND one of the following:**
  - First-degree relative with diabetes
  - High-risk race/ethnicity (e.g., African American, Latino, Native American, Asian American, Pacific Islander)
  - History of CVD
  - Hypertension
  - HDL cholesterol level <35 mg/dL (0.90 mmol/L) and/or a triglyceride level >250 mg/dL (2.82 mmol/L)
  - Women with polycystic ovary syndrome
  - Physical inactivity

## Blood Pressure

120/80 

### Goals to Avoid Stroke or Heart Attack:

Blood Pressure lower than 120/80

One of the most important things you can do to reduce your risk of a stroke or heart attack is to keep your blood pressure at a healthy level. High blood pressure, or hypertension, affects approximately one-quarter of the adult population of the United States, or roughly 50 million people. It can cause heart attacks, heart failure, stroke, kidney failure and other serious problems. Ideally, your blood pressure should be lower than 120/80. It's important to know what your numbers are when you're healthy. If your blood pressure is normally low, e.g., 100/60, a blood pressure of 120/80 may indicate an illness or heart problem. Blood pressure can also be affected by medications, stress or lack of physical activity.

