

Know your numbers

Why are these numbers so important to your overall health?

Below 200 mg/dL	Desirable
200-239 mg/dL	Borderline high
240 mg/dL and above	High

Total cholesterol

Measures your risk for heart disease, heart attack and stroke

You can lower your total cholesterol:

- Limit the amount of fat and cholesterol you eat
- Eat a diet high in fiber
- Increase physical activity
- If you smoke, quit
- Manage your weight
- Limit the amount of alcohol you drink

Blood pressure category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 or higher
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

Blood pressure

Measures your risk for heart disease, stroke and kidney disease

Blood glucose (sugar)

Normal values	Fasting – less than 100 Two hours after eating – less than 140
Pre-diabetes values	Fasting – between 100-125 Two hours after eating – between 140-199
Diabetes values	Fasting – greater than 126* Two hours after eating – greater than 200* <small>*These numbers are based on lab/blood tests and should be repeated twice to diagnose diabetes.</small>

Measures your risk for diabetes

You can manage your diabetes:

- Lose weight if you are overweight
- Be active every day
- Eat foods low in fat, increase foods with whole grains and eat more fruits and vegetables
- Follow your doctor's advice



With all our heart. With all our mind.®