

# Know Your Health Numbers

Your health numbers can tell you about your risk for chronic disease such as diabetes and heart disease.

Learn your:

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

Then take steps to reduce your risk.

## Watch for Diabetes

Approximately **1 out of 3** people with diabetes may be undiagnosed.



Get tested, and ask your health care provider to explain the results.

American Diabetes Association  
www.diabetes.org/diabetes-basics/diagnosis

Don't Miss the Signals	Fasting Blood Sugar (glucose)	A1c Level
Diabetes	126 or higher	6.5 or higher
Prediabetes	101-125	5.7-6.4
Normal	100 or lower	5.6 or lower

## 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.

Find out your body mass index (BMI) at [eatsmartmovemorenc.com/bmi-calculator](http://eatsmartmovemorenc.com/bmi-calculator)

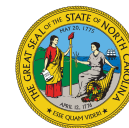
## Don't Let Your Blood Pressure Erupt

Blood Pressure Category for Adults	Systolic mmHg (upper number)	Diastolic mmHg (lower number)
<b>HYPERTENSIVE CRISIS</b> (Consult your doctor immediately)	<b>HIGHER THAN 180</b>	and/or <b>HIGHER THAN 120</b>
<b>HIGH BLOOD PRESSURE</b> (Hypertension) Stage 2	<b>140 OR HIGHER</b>	or <b>90 OR HIGHER</b>
<b>HIGH BLOOD PRESSURE</b> (Hypertension) Stage 1	<b>130-139</b>	or <b>80-89</b>
<b>ELEVATED</b>	<b>120-129</b>	and <b>LESS THAN 80</b>
<b>NORMAL</b>	<b>LESS THAN 120</b>	and <b>LESS THAN 80</b>

2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *J Am Coll Cardiol* 2017;Nov 13.

Learn your numbers, and discuss them with your health care provider.

**Community & Clinical CONNECTIONS**  
for Prevention & Health Branch  
NORTH CAROLINA DHHS  
DIVISION OF PUBLIC HEALTH



NC DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Division of Public Health