

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 myeatSMARTmove.com/BMI

Don't Let Your Blood Pressure Erupt

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

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.

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