

# Do you know your numbers?

Our lives are chocked full of phone numbers, ID numbers, PIN numbers, and the list goes on. Yet, most of us don't know the numbers that could save our lives. For your health, get to know these key numbers below.



## Five Important Health Numbers to Remember.

**1 Blood Pressure** consists of two numbers measured during a heartbeat: systolic, which measures the pressure when your heart pumps blood out and diastolic, which measures the pressure between heartbeats when your heart is full.

Note: The first number in the equation to the right represents systolic and the second diastolic.

**Normal blood pressure:** Below 120/80

**Pre-high blood pressure:** 120 to 139 and/or 80 to 89

**High blood pressure:** 140 or above and 90 or higher

**2 Cholesterol** is a type of fat that can't be dissolved in the blood, but it's not all bad. There is a good type of cholesterol (HDL) and a bad type (LDL). So we measure both types of cholesterol along with triglycerides, another type of fat linked to coronary artery disease. These three numbers combine to give you a total cholesterol number.

**Total Cholesterol:** 200 mg/dL or lower

**LDL ("bad" cholesterol):** 100 mg/dL or lower

**HDL ("good" cholesterol):** 50 mg/dL or higher for women; 40 mg/dL or higher for men

**Triglycerides:** less than 150 mg/dL

**3 Blood Sugar** is the amount of glucose (sugar) in the blood. It comes from the food you eat and is your primary source of energy. A fasting blood sugar test is almost always performed to check for diabetes, a condition in which your blood sugar levels are too high.

**Normal Level (Fasting):** Between 70 and 100 mg/dL

**Pre-diabetes Level (Fasting):** 100 to 125 mg/dL

**Diabetes Level (Fasting):** A level of 200 mg/dL or more usually means you have diabetes

**4 Body Mass Index (BMI):** is a formula used to determine whether your weight is healthy. (To calculate your BMI, multiply your weight in pounds by 703, divide by your height in inches, then divide again by your height in inches.) The American Heart Association recommends a waistline smaller than 35 inches for women and 40 inches for men.

**Below 18.5** Underweight

**18.5 – 24.9** Normal or Healthy Weight

**25.0 – 29.9** Overweight

**30.0 and Above** Obese

**5 Resting Heart Rate:** Your heart rate or pulse is the number of times your heart beats in one minute. People who are fit tend to have lower resting heart rates because their hearts are strong and healthy.

**Normal Resting Heart Rate:** 60 to 100 beats a minute

**Need a primary care provider?**

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