# Hit your targets and score one for health

## Know if you're at risk

At each visit to the doctor, write down the numbers your doctor finds for each of the categories below. These numbers will help you monitor your levels of LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides. These numbers can tell you important things about your overall health. Talk to your doctor about what your target numbers should be.



#### Number standards

#### Blood pressure

<120/<80 = normal 120/80 - 139/89 = prehypertension 140/90 - 159/99 = Stage 1 hypertension 160/100 - 180/120 = Stage 2 hypertension >180/>120 = see a doctor right away

#### HDL (good) cholesterol

60 or greater = best 40 - 60 = average Lower than 40 = high risk

#### Blood sugar

125 or greater = high risk 100 - 125 = risk Lower than 100 = best

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## Your BMI and waistline are vital signs

Your Body Mass Index (BMI) is one indicator of your health. Talk to your doctor about your BMI and what you can do to improve your number and your health.

Keep track of your waistline and BMI			
Date	Waist circumference	Weight	ВМІ

#### **Number standards**

**Body Mass Index standards** 30 or greater = obese 24.9 - 30 = overweight

18.5 - 24.9 = normal weightLess then 18.5 = underweight

Figure out your BMI BMI = (weight in pounds  $\times$  703) (kg/m2) height in inches2

## Example: $BMI = (140lbs \times 703)$ 64<sup>2</sup> = (98420) 4096

BMI = 24

#### Keep an eye on your waistline

Your waist circumference is an indicator of abdominal fat. A larger waist increases your risk for type 2 diabetes, high blood pressure, high cholesterol and heart disease.

Determine your waist circumference by placing a measuring tape snugly around your waist, level with your navel.

### Health risks increase with a waist circumference of:

More than 40 inches (102 cm) for men. More than 35 inches (88 cm) for women.