

# Why keep your health numbers in the **target zone?**

Health numbers not within the target zone can cause chronic health problems such as heart disease, diabetes and strokes. These diseases also cause major limitations in daily living for 1 out of 10 Americans. Limitations such as poor energy levels, restricted mobility, blindness, or kidney failure are caused by diabetes.

Although chronic diseases are among the most common and costly health problems, they are also among the most preventable. Adopting healthy behaviors is as easy as one, two, three:

1. Eat nutritious foods — fruits and vegetables, whole grains, high fiber foods, poultry and fish, low-fat or fat-free dairy products.
2. Be physically active — at least 30 minutes of moderate intensity of physical activity at least 3 times a week. Walking is one of the best activities — it has a low dropout rate, can be enjoyed by the entire family or just a walking partner. In fact, it's been shown that you could gain two hours of life for each hour of regular exercise! Check with your doctor before starting any type of exercise program.
3. Stop using tobacco — Tobacco use can cause cancer, heart disease, high blood pressure, stroke, emphysema, gum, dental and mouth diseases.

Check with your doctor to know your numbers and learn how to keep them within the target zone.

Visit the following websites where you can learn more about Knowing Your Numbers and preventing chronic health diseases:

American Diabetes Association  
[diabetes.org](http://diabetes.org)

American Heart Association  
[americanheart.org](http://americanheart.org)

American Stroke Association  
[strokeassociation.org](http://strokeassociation.org)

Centers for Disease Control and Prevention  
[cdc.gov](http://cdc.gov)

Community Health Network of West Virginia  
[chnwv.org](http://chnwv.org)

Mayo Clinic  
[mayoclinic.com](http://mayoclinic.com)

National Heart Lung and Blood Institute  
[nhlbi.nih.gov](http://nhlbi.nih.gov)

West Virginia Medical Foundation  
[wvsmf.com/foundation](http://wvsmf.com/foundation)

WebMD  
[webmd.com](http://webmd.com)

*Partnership for a*  
**HEALTHY West Virginia**  
[Healthywv.com](http://Healthywv.com)

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*The information in this brochure includes national clinical guidelines for educational purposes. For additional information, consult your personal physician.*

# KNOW YOUR NUMBERS

Learn Your Health Numbers and keep them in the **target zone**



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# Get to **KNOW** Your Health Numbers

**Numbers!** We have all sorts of numbers we are expected to know: phone numbers, social security numbers, birth dates and even bank account numbers. But did you know that there are numbers that can help you stay healthy? That's right, the more you know about your health numbers and keep them within the target zones, the better your chances for not developing a chronic health disease, such as heart disease or diabetes. An easy blood test is all it takes. Ask your doctor about your numbers!

For CHILDREN, it is just as important to know their numbers. The normal range for blood cholesterol and glucose is the same as adults. Normal values for blood pressure and body mass index (BMI) are expressed in percentiles because children are growing. Values greater than the 95th percentile are considered abnormal. Values greater than the 85th percentile deserve special attention and periodic re-measurement.

## CHOLESTEROL

Although the body needs some cholesterol, too much can lead to heart disease or stroke. Your total cholesterol number should be less than 200 mg/dL. Most people have little to no symptoms of high cholesterol. Also, there are two types of cholesterol — HDL and LDL.



HDL is the “good”, “healthy” cholesterol that should be high. LDL is the “bad” or “lousy” cholesterol that should be low. Think of it this way, H (HDL) for high and L (LDL) for low. HDL for women should be 50 mg/dL or higher. Men’s HDL should be 40 mg/dL or higher. There are different LDL target zones for each level of risk for heart disease. People at low risk should have LDL less than 160 mg/dL. People at intermediate risk should have LDL less than 130 mg/dL. Individuals at high risk (those already with heart disease or diabetes) should have LDL less than 100 mg/dL. Finally, people at very high risk should have LDL less than 70 mg/dL.

## TRIGLYCERIDES

Triglycerides are a type of fat found in your blood. They are a major source of energy and the most common type of fat in your body. When you eat, your body uses the calories it needs for quick energy. Any extra calories are turned into triglycerides and stored in fat cells to be used later. The excess calories are stored as fat regardless of what kind of food you eat:



fat, carbohydrate or protein. If you regularly eat more calories than you burn, you may have high triglycerides. Normal range is less than 150, while a borderline-high is 150-199, high is 200-499 and very high is 500 or higher.

## BLOOD PRESSURE

Blood pressure is the force of blood pumping through your body. The higher (systolic) number represents the pressure while the heart contracts to pump blood to the body. The lower (diastolic) number represents the pressure when the heart relaxes between beats. Normal blood pressure is less than 120/80, Prehypertension is 120-139/80-89, Stage 1 high blood pressure is 140-159/90-99 and Stage 2 high blood pressure is 160 and above/100 and above.



## BLOOD GLUCOSE

Glucose is a type of sugar in your body that is used as the main source of energy by your body. After eating, your glucose levels increase. This increase triggers your pancreas to produce insulin, which is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. If this increase does not drop, it can cause damage to your eyes, kidneys, nerves and blood vessels. If your glucose is too high or too low, you may have diabetes. Diabetes is a lifelong condition in which sugar (glucose) remains in the blood rather than entering the body’s cells to be used for energy. Fasting blood glucose should be less than 100.



## BODY MASS INDEX

Body Mass Index (BMI) is a number calculated from a person’s weight and height. BMI provides a reliable indicator of body fatness for most people. If your BMI is 18.5 or below, you are considered underweight, if your BMI is 18.5 to 24.9 this is within the normal target range, if your BMI is greater than 25.0 you are believed to be overweight and anything over 30.0 means you are obese. Check with your doctor to determine your body mass index.



*Tear off this card and take it to your doctor's appointment each time.*

# Get to **KNOW** Your Health Numbers

	Target #'s	Date	Date	Date	Date	Date	Date	Date
Total Cholesterol	200 or lower							
HDL	More than 40 for men More than 50 for women							
LDL	Less than 100							
Triglycerides	Less than 150							
Glucose	100 or lower							
Blood Pressure	120/80 or lower							
BMI Body Mass Index	18.5 - 24.9							