

I promise to KNOW MY NUMBERS.

Know the numbers that impact your heart health. Your goal should be to manage your body mass index (BMI), blood pressure, cholesterol and glucose with the help of your healthcare professional. Your goal should be less than 200 mg of total cholesterol intake daily, and strive for a blood pressure reading of 120/80 mm Hg or less.

Keep in mind that there are no symptoms for people with prediabetes, and diabetes may be severe before there are any warning signs. Likewise, people have no way of knowing they have high cholesterol or high blood pressure without being tested.

Name _____ Date _____

Facts

Blood Cholesterol

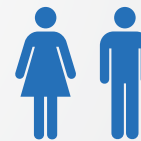
A waxy substance produced by the liver

Because cholesterol is **unable to dissolve in the blood**, it has to be transported to and from the cells by carriers called lipoproteins.



Body Weight

Your **body mass index (BMI)** and waist circumference provide good indicators of whether you are at a healthy weight.



BMI
18.6 - 24.9

WAISTLINE
Women:
< 35 inches
Men:
< 40 inches

Blood Sugar

The amount of sugar (glucose) in the blood

Blood Pressure

The force of blood against the arteries when the heart beats and rests

Learn more about your numbers at nashvillegoesred.org

KNOW YOUR NUMBERS

- Schedule an appointment
- Total cholesterol less than 200 mg/dL
- HDL (good) cholesterol 50 mg/dL or higher
- LDL (bad) cholesterol less than 100 mg/dL
- Triglycerides 150 mg/dL
- Blood pressure less than 120/80 mm Hg
- Body Mass Index less than 25 kg/m2
- Waist circumference less than 35 inches
- Prediabetes**
- HbA1c less than 6%
- Diabetes**
- HbA1c less than 7%
- Pre-meal glucose – 70 to 130 mg/dl
- Post-meal peak glucose – <180 mg