



NAME: \_\_\_\_\_

# DO YOU KNOW...

## just how healthy you are?

You can feel great, but how you feel does not always tell the whole story. When it comes to your health, there are numbers you need to know.

A health care provider will help you to complete this card. This will give you a snapshot at how your numbers match up as healthy, pre-risk or at-risk and where some changes may be planned. If the lab results are not immediately available, those numbers can be filled in later.

	Healthy range: Keep it up	Caution: Talk with your provider	At-risk: Talk with your provider
Blood Pressure (mm Hg)	< 120/80	120-139/80-89	≥ 140/90
Body Mass Index (BMI) Ht: _____ in. Wt: _____ lb	18.5-24.9	25-29.9	≥ 30 or < 18.5
Waist measurement (inches)	M: < 40" W: < 35"		M: ≥ 40" W: ≥ 35"
Fruit & vegetable servings (number per day)	At least 5 servings	< 1-5 servings	None
Moderate physical activity (minutes per day or per week)	30 min/day, 2hr 30min/wk	< 30 min/day	Sedentary/ Inactive
Tobacco	None		Yes
Blood Glucose — fasting (mg/dL)	70-99	100-125	> 125
Hemoglobin A1c (%)	< 5.7	5.7-6.4	> 6.5
Total Cholesterol (mg/dL)	< 200	200-239	> 240
LDL— bad cholesterol (mg/dL)	< 100	100-129	> 130
HDL — good cholesterol (mg/dL)	> 60	M: 40-59 W: 50-59	M: < 40 W: < 50
Triglycerides (mg/dL)	< 150	150-199	> 200

## YOUR PLAN FOR CHANGE

One thing I want to do or change is to...

The main reason I want to make this choice or make a change is...

What I am going to do...	When I am going to do it...	How much I am going to do...	How often I am going to do it...	Help I need to make this happen includes:



**For more information contact:**

Alaska Department of Health and Social Services  
Heart Disease and Stroke Prevention Program  
1-888-465-3140

Take Heart Alaska Coalition [www.takeheart.alaska.gov](http://www.takeheart.alaska.gov)



# Know the numbers that are key indicators of your health

**Blood Pressure** – High blood pressure (blood pressure greater than 120/80) increases risk for stroke, heart attack, heart and kidney failure, aneurysms and peripheral artery disease. Referred to as the “silent killer,” nearly one-third of people with high blood pressure do not know, because usually there are no symptoms. The longer high blood pressure is left untreated, the more serious health complications can become. For more information on high blood pressure: [www.heart.org/heartorg/Conditions/HighBloodPressure/High-Blood-Pressure\\_UCM\\_002020\\_SubHomePage.jsp](http://www.heart.org/heartorg/Conditions/HighBloodPressure/High-Blood-Pressure_UCM_002020_SubHomePage.jsp)

**Body Mass Index (BMI)** – BMI is an indicator of body fat and is used to define weight categories. A BMI of 25-29.9 signals being overweight. A BMI of 30 and above indicates obesity. A high BMI increases the risk of heart disease, diabetes, stroke, colon and breast cancers, high blood pressure and arthritis. Losing weight requires increasing physical activity and/or decreasing the number of calories consumed. For more information on weight loss: [www.cdc.gov/nccdphp/dnpao/index.html](http://www.cdc.gov/nccdphp/dnpao/index.html). To calculate BMI go to: [www.cdc.gov/healthyweight/assessing/bmi/adult\\_bmi/english\\_bmi\\_calculator/bmi\\_calculator.html](http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html)

**Waist Measurement** – Waist size is an indicator of abdominal fat which predicts risk for developing heart disease and other health problems. Place a tape measure snugly around your bare abdomen just above the hip bone. Relax, exhale, and measure. Waist size goal for men is less than 40 inches and for women is less than 35 inches. For more information: [www.cdc.gov/healthyweight/assessing/index.html](http://www.cdc.gov/healthyweight/assessing/index.html)

**Fruit & Vegetable Servings** – A diet rich in fruits and vegetables can lower blood pressure, reduce the risk of heart disease, stroke, some cancers, eye and digestive problems, Type 2 diabetes, and help maintain a healthy weight. People should eat at least 5 servings (3½ cups) of a variety of colorful fruits and vegetables every day. For more information on fruits and vegetables: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

**Moderate Physical Activity** – Regular physical activity that requires moderate effort improves overall health. Try to get at least 30 active minutes of physical activity on most — if not all — days or at least 2 hours and 30 minutes of activity each week. Physical activity does not need to be hard, but must be regular to get health benefits. Try an activity for at least 10 minutes at a time for the greatest benefit. If you are not

typically active, begin with 10 minutes of brisk walking three times per week. Adults should also do strengthening activities at least 2 days a week. For more information on physical activity: [www.cdc.gov/physicalactivity/everyone/guidelines/adults.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html)

**Blood Glucose (fasting)** – Glucose or blood sugar is the body's main source of energy. Blood glucose tests are most accurate when blood is drawn in the morning after an overnight fast. Prediabetes is a measured fasting blood glucose level between 100-125. Diabetes is a blood glucose level greater than 125. Diabetes leads to stroke and heart attack. For more information: [www.diabetes.org/diabetes-basics/prevention/pre-diabetes/how-to-tell-if-you-have.html](http://www.diabetes.org/diabetes-basics/prevention/pre-diabetes/how-to-tell-if-you-have.html)

**Hemoglobin A1c** – The A1c test gives a picture of the average blood glucose level for the past two to three months. A1c tests are now used for diagnosing diabetes and for seeing how well diabetes is being managed. The A1c range for prediabetes is 5.7 %-6.4%. Diabetes is when the A1c is 6.5% or over. People with diabetes should have an A1c test at least twice year; more frequently when changing treatment or if not meeting goals. An A1c test does not replace daily self-testing of blood glucose. For more information on A1c: [www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/a1c](http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/a1c)

**Total Cholesterol/LDL/HDL/Triglycerides** – These are types of fats in the blood. Total cholesterol is the combination of LDL, HDL, triglycerides and other fats. Fats or lipids are necessary for building cell membranes, making essential hormones, and providing energy to cells. Too much LDL (bad) cholesterol in the blood can slowly build up on the inner walls of arteries. Higher HDL (good) cholesterol levels are good, because HDL carries LDL out of the bloodstream to the liver where it is eliminated from the body. High cholesterol levels (especially high LDL levels) are a major risk factor for heart disease and stroke, but have no symptoms. In most cases, cholesterol levels can decrease with diet changes and more exercise. Individuals 20 and older should have fasting cholesterol levels checked every five years. For more information on cholesterol: [www.heart.org/heartorg/Conditions/Cholesterol/Cholesterol\\_UCM\\_001089\\_SubHomePage.jsp](http://www.heart.org/heartorg/Conditions/Cholesterol/Cholesterol_UCM_001089_SubHomePage.jsp) or [www.nhlbi.nih.gov/health/resources/heart/heart-cholesterol-hbc-what-html](http://www.nhlbi.nih.gov/health/resources/heart/heart-cholesterol-hbc-what-html)

**Know Your Numbers**

**Get Screened:**  
Take charge of your health.  
Take charge of your life.

ALASKA'S TOBACCO  
**QUIT LINE**  
1-800-QUIT-NOW  
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

For more information contact:

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