Know Your Health Numbers

Your health numbers can tell you about your risk for chronic disease such as diabetes and heart disease.

Learn your:

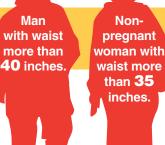
- blood sugar lab values
- waist measurement
- body mass index (BMI)
- blood pressure

Then take steps to reduce your risk.

Listen to **Your Waistline**

You are at higher risk if you are a:

To measure waist circumference:



- Stand and place a tape measure around your middle, just above your belly button.
- Make sure tape is horizontal around the waist.

Man

- Exhale, keeping the tape snug around the waist, but not compressing the skin.
- Take the measurement of the waist to the nearest 1/4 inch.

Find out your body mass index (BMI) at myeatsmartmovemore.com/BMI

Watch for Diabetes

Approximately 1 out of people with diabetes may be undiagnosed.

Get tested, and ask your health care provider to explain the results.

American Diabetes Association www.diabetes.org/diabetesbasics/diagnosis

Don't Miss the Signals	Fasting Blood Sugar (glucose)	A1c Level
Diabetes	126 or higher	6.5 or higher
Prediabetes	101-125	5.7-6.4
Normal	100 or lower	5.6 or lower

Don't Let Your Blood Pressure Erupt						
	Blood Pressure Category for Adults	Systolic mmHg (upper number) Diastolic mmHg (lower number)				
	HYPERTENSIVE CRISIS (Consult your doctor immediately)	HIGHER THAN and/ HIGHER THAN or 120				
	HIGH BLOOD PRESSURE (Hypertension) Stage 2	140 or 90 OR HIGHER OR HIGHER				
	HIGH BLOOD PRESSURE (Hypertension) Stage 1	130–139 or 80–89				
	ELEVATED	120–129 and LESS THAN 80				
	NORMAL	LESS THAN and LESS THAN 120				

2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. J Am Coll Cardiol 2017;Nov 13.

Learn your numbers, and discuss them with your health care provider.

Community & Clinical CONNECTIONS for Prevention & Health Branch NORTH CAROLINA



North Carolina Public Health Working for a healthier and safer North Carolina Everywhere. Everyday. Everybody.