

ABDOMINAL GIRTH/A1c

Abdominal Girth

(waist circumference)
– tells you how much body fat you have and where it is placed around your body. Increased waist circumference is a sign that you could be at a greater risk of developing serious health problems including chronic diseases such as type II diabetes, heart disease, stroke, high blood pressure and some cancers.

GUIDE TO UNDERSTANDING WAIST CIRC.

	MEN	WOMEN
OPTIMAL	40" or less	35" or less

A1c – is a blood test that measures your blood sugar control over the past 3 months. By knowing this number you will learn your risk for diabetes. Left untreated, diabetes can lead to heart disease, blindness, kidney disease and other issues. 

TEST RESULT	A1c
NORMAL	4 – 5.6%
PRE-DIABETIC	5.7 – 6.4%
DIABETIC	6.5% or greater

BLOOD PRESSURE/BMI

Body Mass Index (BMI) – measures your weight in relation to your height and indicates potential weight problems. Extra weight can lead to diabetes, heart disease, high cholesterol and other chronic illnesses.

Blood Pressure – measures the amount of force it takes your heart to pump blood through your body. It consists of 2 numbers; a top “systolic” number and a bottom “diastolic” number. High blood pressure also known as hypertension is often asymptomatic and increases your risk for stroke, heart attack and kidney disease.



BMI	WEIGHT STATUS
18.5 – 24.9	NORMAL
25.0 – 29.9	OVERWEIGHT
30.0 or greater	OBESE



TEST RESULT	SYSTOLIC (top #)	DIASTOLIC (bottom#)
NORMAL	less than 120	less than 80
PRE-HYPERTENSION	120 – 139	80 – 89
HYPERTENSION	140 or greater	90 or greater

CHOLESTEROL LEVELS

Cholesterol – a blood test that consists of many measurements including HDL (good cholesterol), LDL (bad cholesterol), and triglycerides, all resulting in a **total cholesterol level**.



	TOTAL CHOLESTEROL	HDL (good cholesterol)	LDL	TRIGLYCERIDES
OPTIMAL	less than 200	greater than 40 for men greater than 50 for women	less than 100	less than 150 greater than 40 for r

Visiting your primary care doctor at least once a year is one of the best ways to stay healthy and prevent disease.

Ask your doctor which numbers (biometrics) you should know based on your age and risk factors.

Please feel free to contact Borough Hall for additional health tips, or questions about exercise, diet, and health and wellness.

