

Know your numbers.

The most common and deadly diseases affecting Americans today are largely preventable or the onset of these disease can be significantly delayed and the medical complications minimized. These include heart disease, stroke, many types of cancer, and diabetes! Although there is medical treatment for these diseases, severe damage can occur before problems are diagnosed by a medical professional.

Keeping track of your numbers for body mass index (BMI), cholesterol, blood sugar, and blood pressure and making healthy decisions that keep your numbers in the healthy ranges is the most effective approach to preventing these problems. Be sure to discuss your numbers with your health care provider. You can learn more about your numbers from him/her or go to the Web links below.

Body Mass Index

BMI*	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese

* Formula: $\text{weight (lb)} / [\text{height (in)}]^2 \times 703$



Cholesterol

Desirable Cholesterol Levels	
Total cholesterol	Less than 200 mg/dL
LDL ("bad" cholesterol)	Less than 100 mg/dL*
HDL ("good" cholesterol)	60 mg/dL or higher
Triglycerides	Less than 150 mg/dL

Diabetes

Table 1. FPG test	
Plasma Glucose Result (mg/dL)	Diagnosis
99 or below	Normal
100 to 125	Pre-diabetes (impaired fasting glucose)
126 or above	Diabetes*

Blood Pressure

Category	Systolic (top number)		Diastolic (bottom number)
Normal	Less than 120	<i>And</i>	Less than 80
Prehypertension	120–139	<i>Or</i>	80–89
High blood pressure			
Stage 1	140–159	<i>Or</i>	90–99
Stage 2	160 or higher	<i>Or</i>	100 or higher