



Healthy Results[®]

Know Your Numbers

Cholesterol

Cholesterol is a soft, waxy substance found among the lipids (fats) in the bloodstream and in all your body's cells. It's an important part of a healthy body because it's used to form cell membranes, some hormones, and is needed for other functions. But a high level of cholesterol in the blood — hypercholesterolemia — is a major risk factor for coronary heart disease, which can lead to heart attack.

Total Cholesterol	
Less than 200	Optimal Goal
200–239	Borderline High
240 or Higher	High

HDL

HDL helps to carry cholesterol away from the arteries and back to the liver, where it's passed from the body. HDL cholesterol is known as "good" cholesterol because a high HDL level seems to protect against heart attack. A low HDL level (less than 40 mg/dL in men; less than 50 mg/dL in women) indicates a greater risk. A low HDL cholesterol level also may raise stroke risk.

HDL (good) Cholesterol	
40 or higher	Optimal—Men
50 or higher	Optimal—Women
50 or Higher	Best

LDL

LDL, known as "bad" cholesterol, is the major cholesterol carrier in the blood. If too much LDL cholesterol circulates in the blood, it can slowly build up in the walls of the arteries feeding the heart and brain. Together with other substances it can form plaque — a thick, hard deposit that can clog arteries.

LDL (bad) Cholesterol	
Less than 100	Optimal Goal
100–129	Close to Optimal
130–159	Borderline High
160–189	High
190 or Higher	Very High

Triglycerides

Triglycerides come from fats in food or made in the body from other energy sources like carbohydrates. Calories eaten in a meal that are not used right away by tissues are converted to triglycerides and transported to fat cells to be stored. Excess triglycerides in the blood can lead to heart attack, digestive problems and poor circulation.

Triglycerides	
Less than 150	Optimal Goal
150–199	Borderline High
200–499	High
500 or higher	Very High

Cholesterol/HDL Ratio

Calculating your cholesterol ratio can provide useful information about your heart disease risk. A higher ratio indicates a higher risk of heart disease; a lower ratio indicates a lower risk. You can calculate your cholesterol ratio by dividing your high-density lipoprotein (HDL, or "good") cholesterol into your total cholesterol. According to the American Heart Association, the goal is to keep your cholesterol ratio 5 to 1 or lower. Desirable levels for Cholesterol/HDL Ratio are:

Cholesterol/HDL Ratio	
≤ 4.5	Optimal Goal
≥ 6.0	High

Glucose

Glucose comes from carbohydrates, or from sweet, sugary, and starchy foods. It is the main source of energy used by the body. Insulin is a hormone that helps your body's cells use the glucose. Fasting glucose levels outside the normal range may be an indicator of a medical condition.

If your blood glucose is greater than or equal to 200 and you have other symptoms, contact your health care provider.

Fasting Glucose (Blood Sugar)	Diagnosis
99 or below	Normal
100–125	Pre-diabetes
126 or Higher	Diabetes

BMI

Body Mass Index (BMI) is a number calculated from your weight and height. BMI is used as a screening tool to identify possible weight problems for adults. BMI is not a diagnostic tool. For example, a person may have a high BMI, but to determine if excess weight is a health risk, a health care provider would need to perform further assessments. It is also important to remember that BMI is only one factor related to risk for disease. To determine the likelihood of developing overweight - or obesity-related diseases, the National Heart, Lung and Blood Institute guidelines recommend looking at two other predictors:

- Your waist circumference (because abdominal fat is a predictor of risk for obesity-related diseases).
- The other risk factors you have for diseases and conditions associated with obesity (for example, high blood pressure or physical inactivity).

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

Waist Circumference

Fat around the waist increases the risk of obesity-related health problems. This measurement is taken at the narrowest part of the torso above the belly button. Women with a waist measurement of more than 35 inches or men with a waist measurement of more than 40 inches have a higher risk of developing obesity-related health problems, such as diabetes, high blood pressure and heart disease.

Ideal Waist Circumference	
Men	< 40 inches
Women	< 35 inches

Blood Pressure

Blood Pressure is a measurement of how hard your heart has to work to pump blood throughout your body. Blood pressure is recorded as two numbers—the systolic pressure, the top number (as the heart beats) over the diastolic pressure, the bottom number (as the heart relaxes between beats). Both numbers are important. Talk with your doctor about both your systolic and diastolic pressure to make sure that they are okay for you.

Blood Pressure Level (mmHg)			
Category	Systolic		Diastolic
Normal	<120	and	<80
Pre-hypertension	120–139	or	80–89
High Blood Pressure			
Stage 1 Hypertension	140–159	or	90–99
Stage 2 Hypertension	≥ 160	or	≥ 100

A1c

A1c is a blood test that will tell you your average blood sugar over the past 2 to 3 months. The American Diabetes Association has added A1c as a test that can be used to diagnose diabetes. An A1c greater than or equal to 6.5% indicates diabetes. Diagnosis should be confirmed with a repeat test by a health care provider. An A1c between 5.7 to 6.4% can indicate pre-diabetes (increased risk for developing diabetes).

A1c	
Less than 5.7	Normal
5.7-6.4	Pre-Diabetes
6.5 or Higher	Diabetes

Learn more

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Improve Your Numbers

	Blood Pressure	BMI	Total Cholesterol	LDL	HDL	Triglycerides	Glucose
Aim for at least 30 minutes of moderate physical activity on most days of the week. If you can't do at least 30 minutes at one time, you can add up 10-minute sessions throughout the day.	✓	✓	✓		✓	✓	✓
Eat a variety of whole grains such as 100% whole wheat bread, whole wheat pasta, brown rice, and oats.	✓	✓	✓	✓		✓	✓
Eat fish at least twice a week. Salmon, trout, herring, and albacore tuna contain heart-healthy omega-3 fatty acids.		✓	✓	✓			
Eat at least 5 servings of fruits and vegetables per day. They contain essential vitamins, minerals, fiber and are low in calories.	✓	✓	✓	✓		✓	✓
Choose lean meats ("round", "loin") and poultry without skin and prepare them without added saturated and trans-fat.		✓	✓	✓		✓	✓
Select fat-free, 1%-fat and low-fat dairy products.		✓	✓	✓		✓	✓
Cut back on food containing partially hydrogenated vegetable oils to reduce <i>trans-fat</i> in your diet found in processed foods and baked goods.		✓	✓	✓		✓	✓
Cut back on foods high in dietary cholesterol. Aim to eat less than 300 milligrams of cholesterol each day. Examples: egg yolks, high fat meats, full fat dairy, shrimp, and crab (foods that come from animals).		✓	✓	✓		✓	
Cut back on beverages and foods with added sugars.		✓				✓	✓
Choose and prepare foods with little or no salt. Aim to eat less than 2,300 milligrams of sodium per day.	✓						
If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.	✓	✓				✓	✓
Read nutrition labels and pay close attention to serving sizes. Also, watch portion sizes when eating at restaurants.	✓	✓	✓	✓		✓	✓
Drink eight 8-ounce glasses of fluid a day to replenish the fluid lost through sweating, breathing, and urination.	✓	✓					
Don't use tobacco products and stay away from tobacco smoke.	✓		✓	✓		✓	
Eat nuts in moderation 1-2 oz. per day. Recommended nuts include almonds, pecans, pistachios, and walnuts. Avoid salty or honey roasted.	✓		✓	✓			



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