Know Your Health Numbers

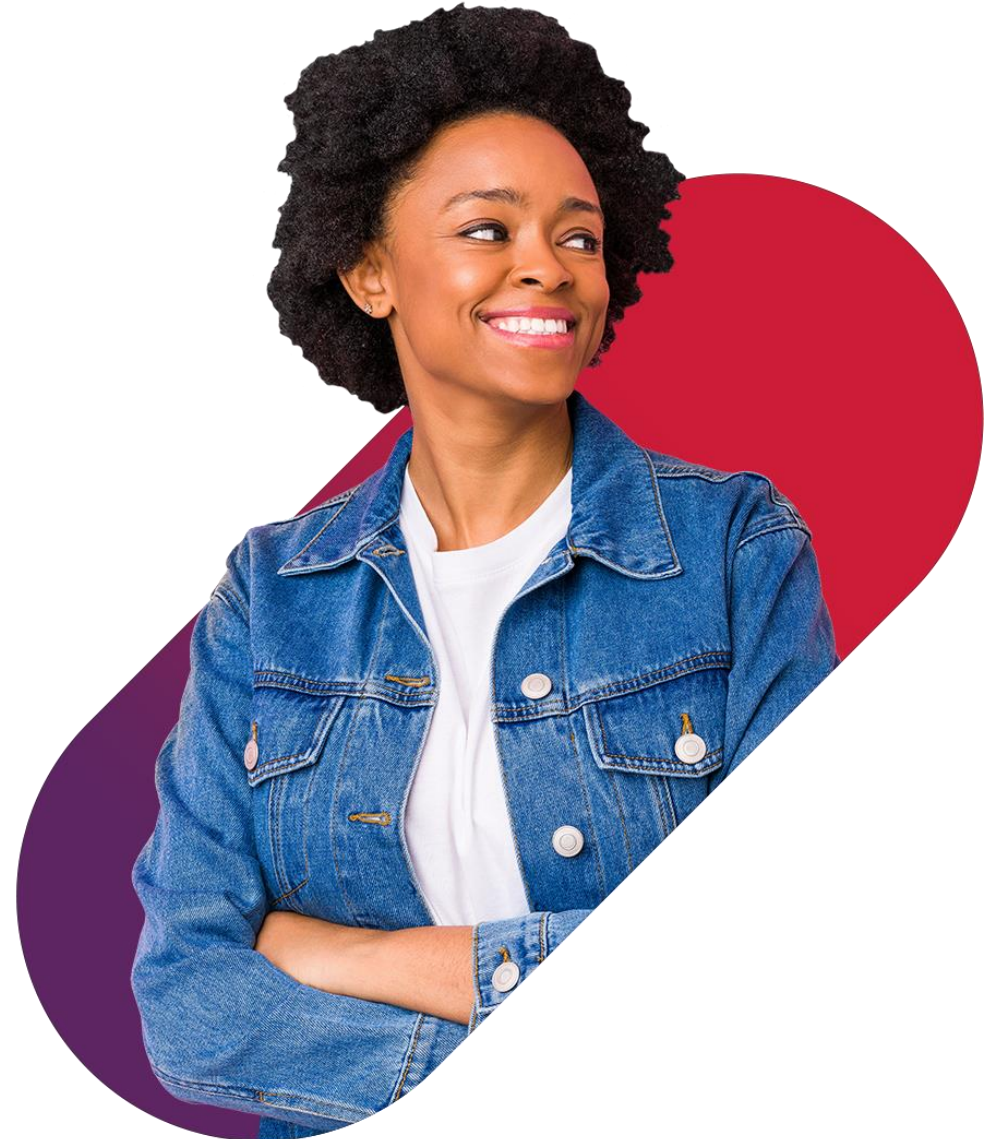Presenter name and credentials

Agenda

Discuss the Importance of knowing your health numbers.

Learn which numbers are important to know.

Learn how to maintain or improve your health numbers.

Why Should I Know My Health Numbers?

- Important piece of your healthcare picture.

- Helps you assess your health.

- Helps you identify actions you may like to take to enhance your health.

- Helps you and your doctor identify trends.

- Helps you and your doctor determine lifestyle and treatment recommendations.

What Numbers Should I Know?

- Blood pressure

- Cholesterol levels

- Blood sugar levels

- BMI and waist circumference

Blood Pressure

Measurement of the force and pressure of the blood flowing through your blood vessels.

The top number is systolic pressure.

It measures the force when the heart contracts and pushes blood through our blood vessels.

The bottom number is diastolic pressure.

It's the measurement of the pressure that remains when the heart is at rest.

Blood Pressure Ranges

BLOOD PRESSURE CATEGORY	SYSTOLIC	DIASTOLIC
Low Risk	<120	<80
Moderate Risk	120–139 120–149 for adults 60 and older	80–89
High Risk	≥140 ≥150/90 for adults 60 and older	≥90

Prepare for a Blood Pressure Test

- Avoid exercise, coffee, other forms of caffeine and nicotine for 30 minutes before testing.

- Use the restroom before the test.

- Take the reading in a seated position. Try to relax in the chair for 5 minutes before taking the reading.

- Place both feet on the floor.

- Rest your arm on the table provided so it is supported near the level of your heart. Do not lock the elbow.

- Use the correct size of blood pressure cuff so the bottom of it is just above the elbow.

- Keep in mind other factors that could affect blood pressure readings

Cholesterol

- Cholesterol is a waxy substance the body uses to build cells, hormones and to make vitamin D when sunlight shines on our skin.

- However, high levels can cause issues when it builds up in the arteries.

- Total cholesterol, HDL, LDL, Non-HDL and triglycerides.

Cholesterol Ranges

Type	Goal mg/dl*	Moderate Risk	Higher Risk
Total Cholesterol	<200	200-239	240 or greater
HDL	>60 males and females**	50-59 female 40-59 male	< 49 female < 39 male
LDL	< 100	101-130	160 or greater
Triglycerides	<150	150-199	200 or higher

* These are general goals. Your doctor may set individualized goals for you based on your health history.

** HDL numbers apply to the sex one was assigned at birth

Tests to Detect Diabetes

- **Fasting blood glucose test**

  - Under 100 mg /dL - Normal
  - 100 to 125 mg / dL - Prediabetes
  - 126 mg/dL or higher on two separate tests - Diabetes

- **HgA1C**

  - Average blood sugar level for the past 2-3 months
  - A1C below 5.7% - Normal
  - A1C 5.7% to 6.4% - Prediabetes
  - A1C 6.5% or higher - Diabetes

BMI and Waist Circumference

Body Mass Index (BMI)

- Based on height and weight.

- Has many limitations.

- Can be inaccurate for women, people of color and athletes.

Waist Circumference

- Measurement just at or above the naval.

- Many limitations and variations such as gender, age, etc.

How to Maintain or Improve Your Numbers

- Nutrition
- Activity
- Stress management
- Joy
- Healthcare team
- **YOU**

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Nutrition

Energize the body with as many plant foods as possible:

Vegetables, fruits, whole grains, legumes, nuts and seeds.

Enjoy herbs and spices to season food:

Cumin, turmeric, pepper, paprika, oregano, thyme, rosemary and more.

And enjoy nourishing fats:

Olives and avocados and their oils, other plant oils, nuts, seeds and fish.

Activity

- Find movement you enjoy.
- Ask friends to join you to make it fun.
- Remember daily activities count.
- Get creative.

Stress Management

- Explore mindfulness.

- Consider your physical needs and responses.

- Connect socially.

- What do you enjoy?

virgin pulse

Build Your Healthcare Team

- Decide which healthcare providers you'd like on your team.

- Research options, consider their specialty, education and any reviews they've received.

- Determine how often you 'd like to check in with each member of your team.

- Share pertinent information with each member of your team

- Don't be afraid to ask for help or get a second opinion.
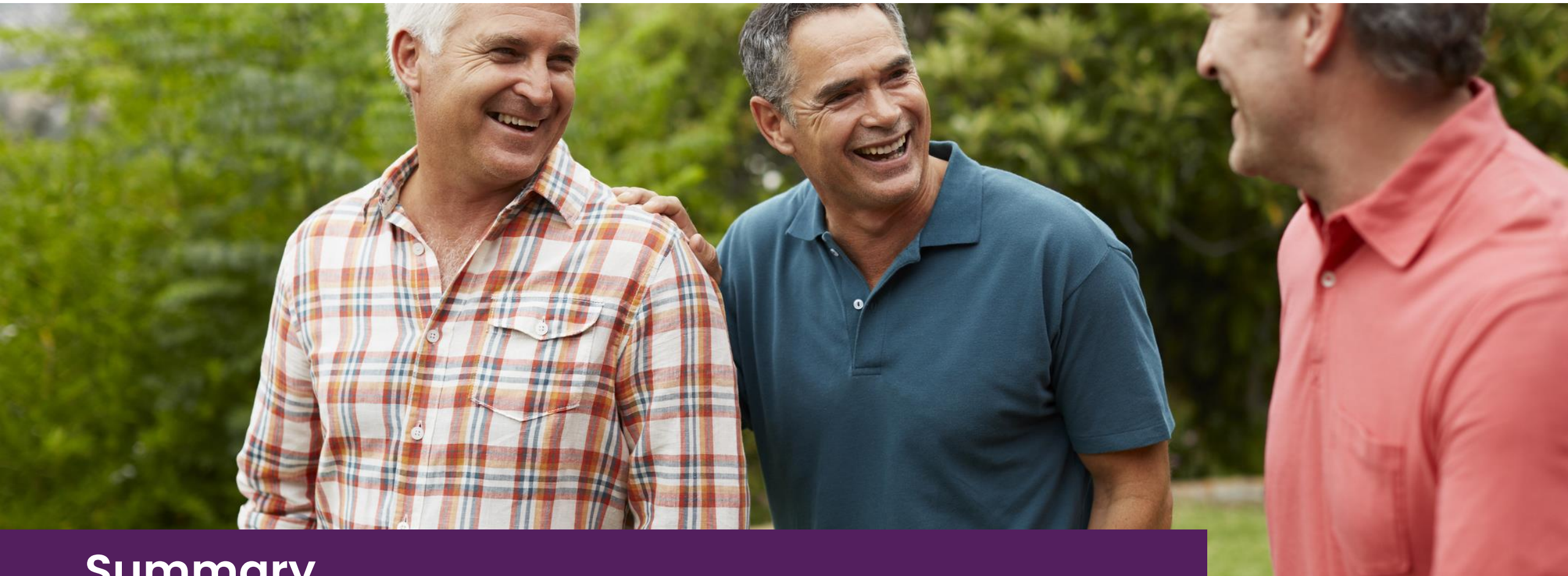
Summary

- Knowing our numbers can help us and our doctors determine if there are any issues we'd like to examine further.

- Health measurements are just one part of our health care picture.

- Even if we are taking medications for high blood pressure, cholesterol or blood sugar, our lifestyle habits are still the key to health.

- We get to make a lot of choices to help keep us healthy on a daily basis.

- Small steps that we make toward health can add up to feeling great!

- Reach out for help from your doctor, health coach, friends and family.

Earn points for attending today's webinar!
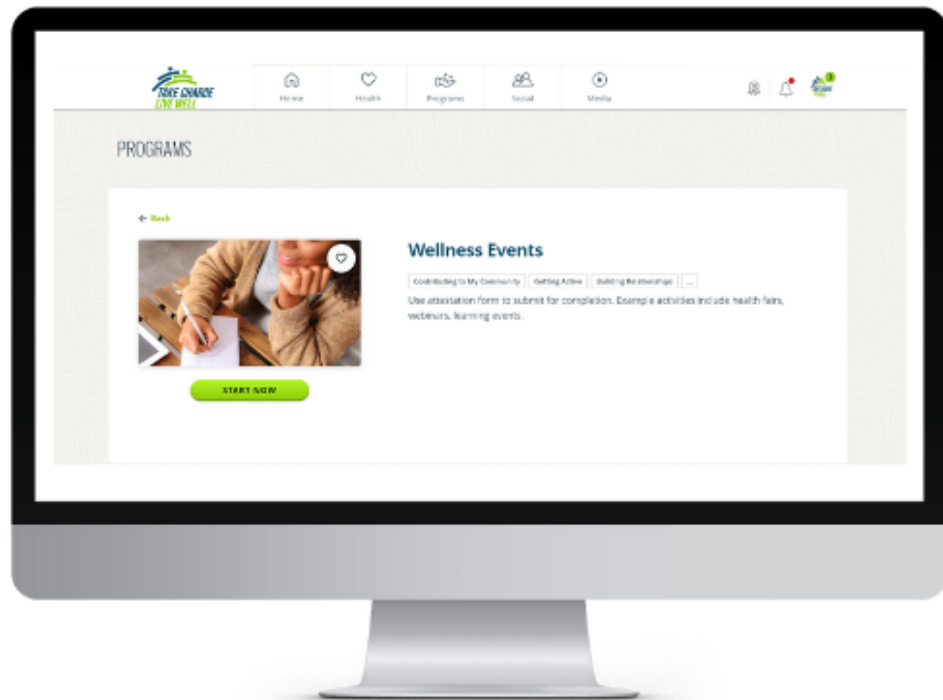
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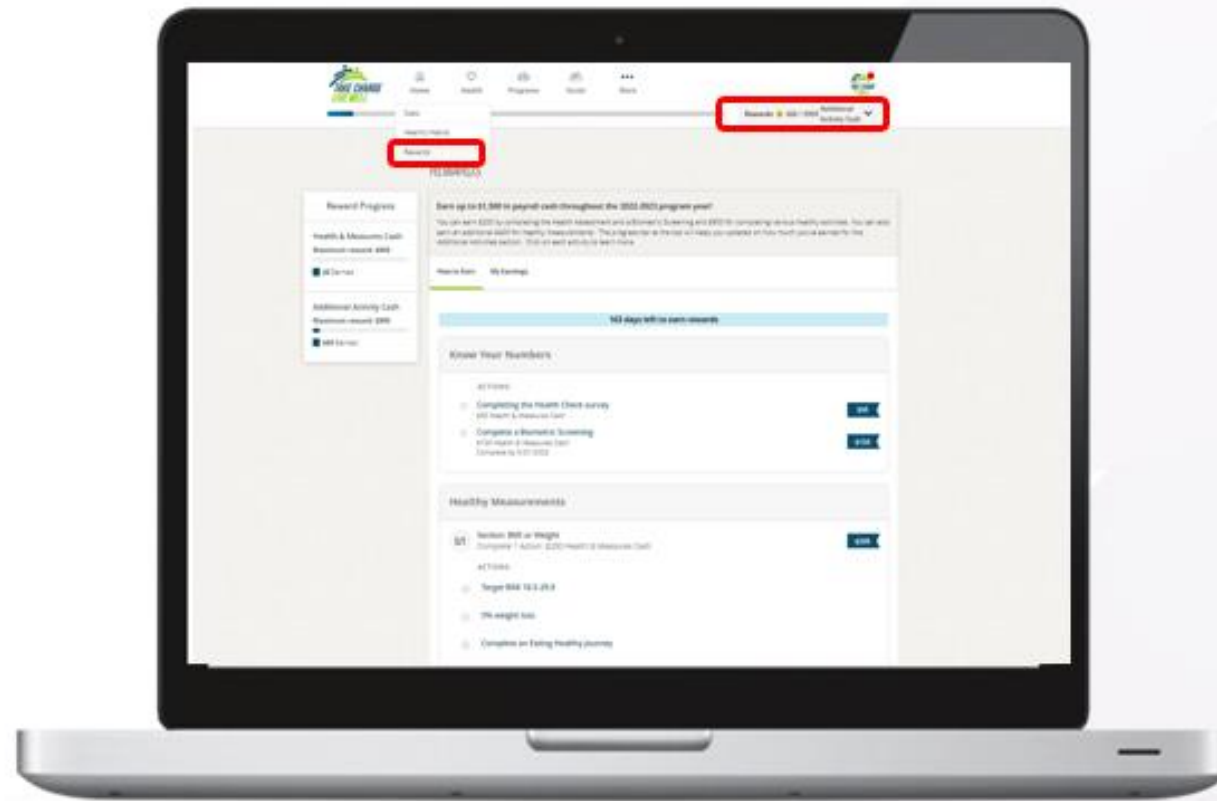
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Thank You!

Sources

- •
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Thank You!

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