



# Personal Health Record

## Know Your Numbers

### Why Should You Know Your Numbers

Your risk for heart disease and stroke can be assessed by knowing your numbers for body composition, cholesterol, triglycerides, blood pressure and blood sugar and by understanding what they mean.

### How can you get your “numbers”?

**First** – Review your preventive screening schedule with your health care provider. Are you up to date on your screenings?

**Next** – Partner with your health care provider to schedule recommended screenings & to obtain results from prior screenings.

**Last** – Record your results on this form & keep it in a secure place.

Biometric Number		Definitions (Source: <a href="http://www.health.state.mn.us/cvh">www.health.state.mn.us/cvh</a> )
Blood Pressure		<ul style="list-style-type: none"> <li>▪ Blood pressure is the force of blood as it moves through the blood vessels.</li> <li>▪ The higher (systolic) number represents the pressure while the heart is beating.</li> <li>▪ The lower (diastolic) number represents the pressure when the heart is resting between beats.</li> <li>▪ The systolic pressure is always stated first and the diastolic pressure second.</li> </ul>
Body Mass Index (BMI)		<ul style="list-style-type: none"> <li>▪ Body mass index (BMI*) is a person's weight to height. BMI is commonly used to classify weight as “healthy” or “unhealthy.”</li> </ul>
Body Fat %		<ul style="list-style-type: none"> <li>▪ Body fat percentage is simply the percentage of fat your body contains.</li> <li>▪ A certain amount of fat is essential to bodily functions.</li> <li>▪ Fat regulates body temperature, cushions and insulates organs and tissues and is the main form of the body's energy storage.</li> </ul>
Cholesterol		<ul style="list-style-type: none"> <li>▪ Cholesterol is a waxy substance found in all parts of your body. It is coated with a layer of protein creating a “lipoprotein” that can travel through the blood.</li> </ul>
	Total Cholesterol	<ul style="list-style-type: none"> <li>▪ Total cholesterol is the amount of HDL and LDL in the blood added together.</li> </ul>
	HDL	<ul style="list-style-type: none"> <li>▪ HDL (high-density lipoprotein) helps remove cholesterol from the blood and helps prevent the fatty buildup.</li> <li>▪ HDL cholesterol is called the “good” cholesterol.</li> </ul>
	LDL	<ul style="list-style-type: none"> <li>▪ LDL (low-density lipoprotein) carries most of the cholesterol in the blood. When there is too much in the blood, it can lead to a cholesterol buildup in the arteries.</li> <li>▪ This is why LDL cholesterol is called the “bad” cholesterol.</li> </ul>
	Triglycerides	<ul style="list-style-type: none"> <li>▪ Triglycerides are the chemical form in which most fat exists in food as well as in the body. Calories ingested in a meal and not used immediately by tissues are converted to triglycerides and transported to fat cells to be stored.</li> </ul>
Glucose		<ul style="list-style-type: none"> <li>▪ Diabetes is a metabolic disorder in which the level of glucose in the blood -- called blood sugar -- is too high. Normally, the body gets its energy from blood sugar, which comes from food.</li> </ul>
Waist Circumference		<ul style="list-style-type: none"> <li>▪ The waist circumference is a simple measurement around a person's natural waist (just above the navel).</li> </ul>



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Name: \_\_\_\_\_

	What the Numbers Mean <small>(Source: www.health.state.mn.us/cvh)</small>			My Numbers	My Numbers	My Numbers
				Date:	Date:	Date:
<b>Blood Pressure</b> <small>(ages 18 years and older)</small>	<b>Category</b>	<b>Systolic</b>	<b>Diastolic</b>			
	Normal	<120 and	<80			
	Prehypertension	120-139	80-89			
	Stage 1 Hypertension	140-159	90-99			
	Stage 2 Hypertension	>160 or	>100			
<b>BMI</b>	BMI less than 18.5	Underweight				
	BMI 18.5-24.9	Healthy				
	BMI 25.0-29.0	Overweight				
	BMI 30.0 or more	Obese				
<b>Body Fat %</b> <small>(Source: American Council on Exercise)</small>	<b>Classification</b>	<b>Women (% fat)</b>	<b>Men (% fat)</b>			
	Essential Fat	10-12%	2-4%			
	Athletes	14-20%	6-13%			
	Fitness	21-24%	14-17%			
	Acceptable	25-31%	18-25%			
Obese	32% plus	25% plus				
<b>Total Cholesterol</b>	Less than 200 mg/dL	Desirable				
	200-239 mg/dL	Borderline high				
	240 mg/dL or greater	High				
<b>LDL</b>	Less than 100 mg/dL	Optimal				
	100-129 mg/dL	Near/above optimal				
	130-159 mg/dL	Borderline high				
	160-189 mg/dL	High				
	190 mg/dL and above	Very high				
<b>HDL</b>	Less than 40	Low				
	Greater than 60	High				
<b>Triglycerides</b>	Less than 150 mg/dL	Normal				
	150-199 mg/dL	Borderline high				
	200-499 mg/dL	High				
	500mg/dL and above	Very high				
<b>Glucose</b>	According to the American Diabetes Association, a fasting blood sugar level in people who <u>do not have</u> diabetes should be between 60-99 mg/dL.					
<b>Waist Circumference</b>	Greater than 40 inches (Men)	High risk				
	Greater than 35 inches (Women)	High risk				
<b>Height</b>						
<b>Weight</b>						