

# Know Your Health Numbers

Your health numbers can tell you about your risk for chronic disease such as diabetes and heart disease.

Learn your:

- blood sugar lab values
- waist measurement
- body mass index (BMI)
- blood pressure

Then take steps to reduce your risk.




## Watch for Diabetes

Approximately **1 out of 3** people with diabetes may be undiagnosed.



Get tested, and ask your health care provider to explain the results.

American Diabetes Association  
www.diabetes.org/diabetes-basics/diagnosis

Don't Miss the Signals	Fasting Blood Sugar (Glucose)	A1c Level
 Diabetes	<b>126</b> or higher	<b>6.5</b> or higher
 Prediabetes	<b>101-125</b>	<b>5.7-6.4</b>
 Normal	<b>100</b> or lower	<b>5.6</b> or lower

## Listen to Your Waistline



You are at higher risk if you are a:

Man with waist more than **40 inches**.

Non-pregnant woman with waist more than **35 inches**.

To measure waist circumference:

- Stand and place a tape measure around your middle, just above your belly button.
- Make sure tape is horizontal around the waist.
- Exhale, keeping the tape snug around the waist, but not compressing the skin.
- Take the measurement of the waist to the nearest 1/4 inch.

Find out your body mass index (BMI) at [myeatSMARTmove.com/BMI](http://myeatSMARTmove.com/BMI)

## Don't Let Your Blood Pressure Erupt

Blood Pressure Category for Adults	Systolic (upper number)	Diastolic (lower number)
<b>CRITICAL!</b> Really High Blood Pressure	<b>160</b> or higher	or <b>100</b> or higher
<b>DANGER!</b> High Blood Pressure	<b>140-159</b>	or <b>90-99</b>
<b>AT RISK!</b> Prehypertension	<b>120-139</b>	or <b>80-89</b>
<b>SAFE!</b> Normal*	<b>119</b> or lower	and <b>79</b> or lower

\*Blood pressure is generally considered low and requires follow-up when it is below 90/60.

Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment (JNC 7) of High Blood Pressure.

Learn your numbers, and discuss them with your health care provider.

**Community & Clinical CONNECTIONS** for Prevention & Health Branch  
NORTH CAROLINA DIVISION OF PUBLIC HEALTH



Public Health  
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