

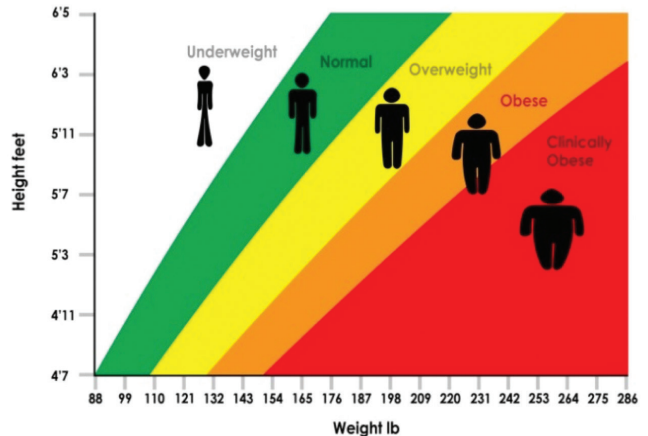
Name: _____ Date: _____

My Blood Glucose: _____ My Height: _____

My Recent A1c: _____ My Waist Girth: _____

My Weight: _____ My Blood Pressure: _____ \ _____

Body Mass Index (BMI): BMI is an indicator of what a healthy weight should be given a person's height. Keep in mind that BMI is a very basic measurement and is only one piece of a person's entire health profile. It's important to talk to your doctor about other risk factors and health issues such as family history of illnesses and disorders, physical activity level, diet, percent body fat, and your overall level of fitness. **My BMI is:** _____. The ideal BMI is between 18.5 and 25.



Waist-to-height ratio (WHtR) is calculated by dividing your waist size by your height. The WHtR is an assessment of your body fat distribution and can be a significant early indicator for risk of diabetes, heart disease, hypertension, and stroke. Your waist circumference should be less than half of your height. A WHtR under 50.0% is generally considered healthy. Maintaining an ideal ratio will reduce your risk of disease. As your weight changes, you can expect to lose about 1" from your waistline for each 6-8 lbs of weight loss. **My WHtR is:** _____

Waist Girth: Current guidelines, as given by the World Health Organization, or the National Heart, Lung and Blood Institute, only give values for waist circumference. Those at substantially increased risk have the same risk as someone with a BMI of 30. Ideally, women should have a waist measurement less than 35 inches, with their risk increasing to "very high" at over 43.5 inches. Males should have a waist measurement less than 40 inches with risk increasing to "very high" over 47 inches.

Blood Pressure: The new (2017) guidelines define normal blood pressure as less than 120/80. When systolic pressure (the first number) is between 130 and 139 or diastolic (the second number) is between 80 and 89, this now considered Stage 1 hypertension. Stage 2 is when systolic is at least 140 or diastolic is at least 90. Hypertensive crisis is when the top number rises above 180 and/or the bottom number is over 120.

Blood Glucose/a1C: For screening purposes, a fasting blood glucose below 100 is considered ideal. The optimal blood glucose range is 70-100 mg/dL. A fasting blood glucose level above 126 should be evaluated by a physician. For someone who doesn't have diabetes, a normal A1C level is below 5.7 percent. An A1C between 5.7 and 6.4 percent signals prediabetes. Type 2 diabetes is diagnosed when the A1C is over 6.5. A physician would evaluate the optimal levels for a diagnosed diabetic, but typically the desired value is 7.0 or less.

Campbell County Health

WELLNESS

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